

# Practice a fun, Fear Free visit



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**A**nxious pets are more difficult to calm down and treat at the veterinary practice. You can help make veterinary visits more relaxing for your pet—and the team treating your pet—with these easy steps:

**1 Plan frequent visits** to our veterinary practice just for fun, especially if your pet is fearful. It's best for you to visit during a quiet part of the day, such as mid-afternoons. Call our practice and check to see if it's a good, relaxing time so your pet enjoys a calm experience and the veterinary team can focus on you and your pet.

**2 Meet our caring team.** You can stop by to greet our receptionist, who can serve up a tasty treat for your pet. Our highly trained veterinary team can even perform a training session in an exam room to create fun, friendly associations with the practice.

**3 Keep it fun.** Plan your practice visits in low-stress situations before your pet needs care by visiting our parking lot, lobby and exam room so they're familiar places. Use play and trick training to make the experience full of pleasurable activities. Your pet will learn to associate good things with the veterinary hospital. Rather than being afraid, they learn to relax.

**4 Talk to us.** We're here to help. Our veterinary team looks forward to working with you to create a better visit with your dog or cat. If you need extra help to prepare for a visit, please call us and we can offer guidance to make visits relaxing and fun.

Source: *Mikkel Becker, CPDT*