



Veterinarian-Approved Tips for Transitioning Pets to Fall Routines

by Dr. Whitney Miller

(NAPS)—With fall in full swing, pets and pet parents face new routines, shorter days and busier schedules, especially with Halloween around the corner. While celebrating with your pets and including them in your festivities, it's important to remember how these changes can affect your furry friends. Here are my top tips to help keep pets happy and healthy all season long and beyond:

- **Prioritize wellbeing:** With the unusual sights, smells and sounds that abound during fall gatherings, pets can become stressed and anxious. Look out for signs such as pacing, hiding and excessive panting, and consult a trusted veterinarian for guidance on pets' individual needs if they are showing signs of anxiety. Create a safe, quiet spot—a dedicated no-fright zone away from the hubbub—where they can calm down and reset. This may look like a crate or bed in a quiet corner, away from busy areas and distractions. Solutions such as a Thundershirt, weighted vest, diffusers and calming collars can provide a sense of calm and security for pets. Petco-certified dog trainers can also help provide tips to strengthen the bond between pet and pet parent and help pups to feel more confident.

- **Safe fun:** It's important to keep safety top of mind. This year's Halloween Bootique and fall collections feature exclusive, on-trend costumes, enchanting new toys, ghoulish throws, witchy beds and everything in between. Introduce pets to costumes slowly with lots of positive reinforcement including treats and praise. With most items under \$15, pets of all types can get in the Halloween spirit.

- **Tricks for treats:** Fall is prime time for pumpkin spice, but be sure any sweet treats given to pets are safe for them and make up no more than 10% of their daily diet. Fall favorites for humans, including turkey or ham bones and skin, gravy, chocolate, cookies, onions, garlic, alcoholic beverages and candy, or anything containing xylitol, are unsafe or even deadly for pets. There are plenty of ways to include pets in the fun with pumpkin treats, meals, chews, and toppers that are formulated specifically for them.



Follow these expert tips to have a safe, happy and healthy Halloween and fall season with pets.

- **Don't get ghosted:** As daylight hours shrink, beat the stress of walking in the dark by stocking up on safety supplies. Especially on Halloween night or when walking through busy areas, keep pets close by and visible with reflective gear, such as a dog harness or jacket, and bring along a waste bag dispenser that conveniently doubles as a flashlight. Front doors are repeatedly opened and closed for trick-or-treaters and party guests, which can make it easier for pets to go missing. Pet parents should ensure their pets are microchipped and their identification tags are up to date. They are also encouraged to register their pet on Petco Love Lost, a free national lost-and-found database that uses patented image-recognition technology to help reunite lost pets with their families.

- **Look good, feel good:** Keep pets feeling their best with a veterinary checkup to ensure they are up to date on their routine care and vaccinations, and a grooming appointment to maintain healthy skin and coat as the seasons change. Through Nov. 2, 2024, Petco offers a \$28 Fall Grooming Package that can be added to a full-service bath or groom. This add-on features apple blossom-scented shampoo and spritz, moisturizing conditioner, teeth-brushing, nail-buffing and a fall-themed bandana while supplies last.

Learn More

For more information, seasonal guides and expert recommendations to help pets and pet parents safely celebrate this fall season, visit a Petco pet care center or petco.com/Halloween.

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