



Holiday Stress Affects Dogs, Too

Help your clients keep their dogs calm during busy winter-time activities.

By Kong Company Staff,



Like a neighborhood bonfire on a cold winter night, the holidays offer a bright, warm spot. Time spent with friends and family, enjoying holiday traditions, traveling and feasting, shine a warm, cheerful light in the middle of the coldest season. The change in routine can make things feel special and festive for us, breaking up the winter doldrums. For dogs; however, switching up the normal schedule can trigger anxiety.

Helping your clients understand why a disrupted schedule might stress their dogs and spark some unwanted behaviors, such as increased barking and unwanted chewing, can give them a better understanding of what they can do to reduce pets' anxiety during holiday chaos. Giving them specific strategies for keeping their dogs happy and busy during this time of year can help build their trust in you as a pet expert.

An Instinct toward Routine

Dogs find comfort in doing the same types of activity every day, which stretches back to the days before domestication when their days consisted mainly of finding food, socializing and raising their pups.

Disruptions—caused by weather or neighboring packs—often meant negative events, triggering anxiety about food and the stability of the pack. While the instincts that remain in our domestic dogs might be part of the cause of stress when their familiar routine is disrupted, you can engage instincts for positive outcomes, as well.



How a Kong Toy Can Help

Chewing on a Kong toy helps satisfy dogs' instinctive need to chew. The toys' natural rubber formula was created specifically to deliver a safe, durable chewing option for dogs. A stuffed Kong toy provides additional, instinct-based enrichment by inviting dogs to forage for their food, adding mental and physical stimulation with a tasty reward. The Kong Classic's rubber and snowman shape give the toy an irresistibly erratic bounce, making it ideal for fetching—an activity that's also connected to instincts. Dogs' love of chase harkens back to hunting behavior. Because of all the ways it helps satisfy natural, instinctive needs, a Kong toy is a powerful tool for keeping dogs happy and healthy—especially during hectic times.

A Daily Habit

During the holidays, clients' days can be disrupted by everything from extended shopping trips to numerous visitors and parties, which can increase dogs' anxiety level. Your clients can create some consistency and keep their dogs busy and happy by giving them a stuffed Kong to play with. And if clients must leave their dog home alone when they head off to holiday parties, leaving a stuffed Kong is a great way to keep their dog occupied and satisfied. Clients can also extend the fun by freezing it for a few hours before giving it to their dog. They could also freeze a week's worth of Kongs so that they are readily on hand.

Click the link for a tasty Kong stuffing recipe: <https://www.kongcompany.com/recipes/peanut-butter-dream/>



Kong on the Road

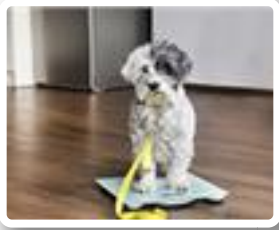
Kong can help enhance holiday travel for your clients and their dogs in two ways. One, they can help their pups burn off energy by playing fetch before hitting the road. And two, they can pack a frozen, stuffed Kong to occupy their dog in the car if they are on a long trip. Running a string through the Kong before freezing and then tying it to a seatbelt or the headrest of a front seat can prevent the toy from accidentally rolling under the seat.



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