



PET-POSITIVE NEW YEAR'S RESOLUTIONS

JANUARY BRINGS FRESH AND INVIGORATING FEELINGS AS WE HOP, SCURRY AND TROT INTO THE NEW YEAR. WE FOCUS ON SETTING GOALS AND MAKING LITTLE CHANGES TO IMPROVE OURSELVES, WHICH IS GREAT, BUT HAVE YOU THOUGHT ABOUT ANYTHING THAT CAN BENEFIT YOUR PET, TOO?

HERE ARE SOME IDEAS:

1. **Compile a pet first aid kit** and improve your knowledge on their health and safety. Veterinarians are the experts, but in the event of a minor emergency after-hours, for example, if your pet has a sore tummy or an injured paw, it is important for you to be able to recognise the problem and relieve their pain before professional medical help is available.
2. **Allow your pet to join you for a morning or afternoon walk.** With a pet on your side, whether it is on the beach, down the street, or around your house, you will enjoy a little brisk walking each day. It is exercise for the both of you, which has great health benefits such as strengthened bones and improved balance.
3. **Get rid of the clutter;** donate or discard old and worn-out pet toys while you're cleaning out the wardrobe, and getting rid of clothes that don't seem to fit, take some time to pick out toys your pet no longer plays with; those that are torn and tattered apart, they are often germ-infested, so toss it away on bin day.
4. **Organise your pet's living area** - It may seem like a pile of pillows, a little glass bowl or a cage full of feathers but to them, it is home. So, make sure to clean and tidy up their space as often as you can.

5. **Schedule time to play EVERY DAY**

Humans thrive on social interaction, and pets require a lot of attention too. Take at least 30 minutes each day to spend with your pet; you can play a game of fetch, give your pet tummy tickles, a belly rub, or have them perched comfortably on your arm as you both rest.

As the months go by gradually, these resolutions will become a habit, you and your pet will bond and become closer. — **Pet Palace by Ekta Somera**