

## New Year's Resolutions for Pet Parents

Welcome to the New Year. Our pets and we have “graduated” from 2010 to 2011. Here’s hoping that the New Year will be a joyous, healthy, happy, prosperous and peaceful one for our animal companions and us! May we share an ever-increasing life of love and joy with our pets!!!

Here are some resolutions we can make that may contribute to the health, happiness and well being of our pets and us. We envision a year of contentment with and commitment to our faithful and unconditionally loving companions. These are among my own resolutions:

- 1). I will give my pet dedicated, quality time and attention each and every day.
- 2). I will provide my pet with the playtime and interaction she requires each and everyday.
- 3). I will observe my pet closely and make an effort to discover and deal with any discernible changes in her appearance i.e. lumps, weight gain or loss, hair loss, change in digestive or elimination routine, any unusual odors or bad breath, soreness, pain, vomiting, bleeding, etc. and take her to the vet whenever I suspect something may be wrong with her.
- 4). I will keep my pet on a regular and healthy exercise regimen.
- 5). I will provide her with a nutritionally and age appropriate diet.
- 6). I will not indulge my pet with fatty foods or table scraps. I know they are not good for her overall health and well-being. I will reward her good behavior with verbal approval and hugs and petting.
- 7). I will teach and reinforce basic obedience and socializations commands – come, sit, stay, down, etc. I will encourage her friendly behavior with other dogs, cats and people by petting her and encouraging her verbally.
- 8). I will brush my pet’s teeth and make sure she receives regular dental care. Dental disease can be responsible for many other health issues.

9). I will engage in more bonding activities with my pet. I know that she is sentient and loves me unconditionally. She requires love, attention, appreciation and affection from me.

10). I will have fun with my dog – she and I will share many fun experiences and adventures together. I will take her for rides in the car and walks in the park and woods. We will visit our human friends as well as our canine and feline companions.

Let's plan many games and playmates. Let's spend lots of quality fun times and experiences in 2011. Let's share a joyous, fun-filled and loving New Year! Let us celebrate the New Year together!