

## Preparing Your Pet for Baby's Arrival

The arrival of your new family member will bring changes for everyone. Handling your pet's curiosity, anxiety and increased insistence for attention may seem like an overwhelming task in addition to preparing yourself and your household for the baby's arrival, but you can help your pet adjust to the big changes ahead by making gradual adjustments before the baby arrives.

### Sounds and Smells

Your pet is accustomed to the smells and sounds of your household. The baby's arrival will add some new and different smells and sounds, so it's important that you introduce these to your pet gradually in a calm and pleasant atmosphere.

Each time you introduce something new to your pet, make the experience positive. Pet him, give him treats and praise him for his good behavior when he's faced with a new sound or smell.

Think about the normal sounds of your household. Is your home quiet, with little background noise? If so, how does your pet react to noises like a vacuum cleaner, a ringing telephone or a whistling teakettle? If your home is normally noisy, your pet may simply ignore the usual sounds, but how does he react when something unusual occurs? The more strongly your pet reacts to unexpected sounds, the more important it is for you to help him adjust to the baby sounds that will become a regular part of your home environment.

You can buy a CD of baby sounds. Start out with the volume turned fairly low, and if your pet doesn't react strongly to the sounds, gradually increase the volume to a normal level. As you play the recording, look at your pet and speak calmly, using his name. Repeat these sessions daily until the baby's arrival.

In order to prepare your pet for the new baby, borrow some baby smells. Handle a friend's baby and absorb some of the smells of baby lotion, powder and food. Go directly home and spend some positive, relaxed time with your pet. Give him a massage or play with him while the baby smells mingle with your own odors. After a week or so, add the actual sources of the odors with the supplies you'll be using for your own baby. Borrow a dirty diaper and let your pet become accustomed to that smell, too.

Borrow a baby! After a few weeks, combine baby sounds and smells (which should be familiar to your pet by now) with the bustle and attention of a visiting baby. This is an excellent dress rehearsal for the extra visitors and attention you and your baby will receive during the first few weeks after delivery.

When baby finally arrives, have Dad bring home something the baby has worn in the hospital. You can place the item near your pet's food bowl, or just feed your pet some yummy treats while he sniffs the item.

### Environment

If you'll be redecorating or rearranging your home, do it long before the baby arrives. Let your pet explore any off-limits areas, and then exclude him from these areas before the baby arrives. Screen doors are excellent, inexpensive barriers for off-limits areas like the baby's room. Your pet can still see, smell and hear all the action and so can you. If an off-limits room has been a favorite area for your pet, this will be a major change for him. Move his favorite things from that room into another area, if possible in the same arrangement.

Establish a private, comfortable place that your pet can use as a safe retreat. Select an area you can close off, if necessary. The "safe zone" should include a water bowl, your pet's bed and some worn, unwashed clothing with your smell on it. If your pet is a cat, you should include a litter box in this area also.

Your pet can choose to retreat here, or you can choose to confine him to this safe zone when things get extra hectic. Spend some positive time with your pet in this area every day, and if he must be confined for an hour or so, it shouldn't seem like punishment. During the transition, respect your pet's need for rest and privacy. This will become especially important when your baby reaches the crawling stage. In addition to a safe zone, cats should also have access to plenty of escape routes, hiding places and perches.

### Routine

Routine is important to pets because they need to know what to expect. Think ahead and gradually begin establishing new routines early on. Include in your adjusted schedule at least once a day, quality time for just

you and your pet, with no competition for your attention. This non-baby time is very important for your pet and for you!

### **Rules and Manners**

Reinforce house rules and manners to remind your pet that you are the leader in your family (see our handout "Nothing in Life Is Free"). If your pet hasn't learned basic manners, now is the time to start. Train your dog to sit and lie down on cue. "Drop it" and "leave it" are also handy behaviors to have on cue. This physical control will be especially important when your hands are occupied with baby and baby paraphernalia.

Be sure that your pet understands when (if ever) jumping onto people or things is appropriate. If cats have always had access to any surface in your home (counters, tables and so forth) you need to decide which places will be off-limits after the baby's arrival. Start training your pet now to discourage him from jumping onto those places. Be sure to allow your cat access to some high-up places in your home. Dogs should only be allowed to jump when permission is given.

If your pet likes to spend time in your lap, teach him to ask permission before jumping up. You don't have to eliminate lap time completely, just limit access to those times when you can give him your full attention and an entire lap. Teach your pet that your voice, your look and your presence are also positive forms of attention--you don't always need to touch him to show affection. You can do this simply by talking calmly and pleasantly to your pet as he lies or sits nicely at your feet. Use his name, smile and make eye contact with him.

### **After Baby Arrives**

After you bring your baby home, be aware of the ways you use your voice. Do you only speak to your pet with negative tones when the baby's in the room ("no," "off," "don't," "stop")? If so, your pet will certainly connect unhappy feelings with the baby's presence. While you hold your baby, smile at your pet and use his name. Make time with the baby a pleasant time for your pet as well.

Insist on good manners from the beginning. Don't respond to whining, barking or other attention-getting behavior. Give your pet plenty of time and attention whenever you can, but not when he's demanding it! Plan short periods of play time, treat time and snuggle time with your pet--with and without your baby in the room.

Encourage a positive relationship between your baby and your pet by involving them in activities you can all enjoy. Settle into your favorite chair by a sunny window, with your baby in your lap and your cat on a table beside you, so you can stroke them both at the same time! Walk with your baby in a stroller and your dog on leash.