

Are your pets facing  
challenging situations?

**MOVING HOME**



**Zylkene®**  
All they need is love & Zylkene



Moving house can be a hectic time in your life, but don't forget the change can cause your pet to feel uneasy too and they easily get forgotten in all the chaos. There are things you can do to help; follow the tips in this booklet to help your move go smoothly.

## Building up to the move



Your pet may start to experience uneasiness well before the actual moving day. They will sense something is up when you start packing boxes.

Give them Zylkene to help them cope. Ensure you start giving the capsules a few days before you start packing.



## On the day of the move



**Keep your pet in one room** whilst the hustle and bustle of the move is going on. A familiar room is preferable with a doggy den for dogs to hide in and resources if you have a cat. Put your cat in their basket or the dog in the car as the last thing you do.



**Set up one room at the new house as quickly as possible** with familiar objects while your pet waits in the car or the basket. For dogs ensure you have a den and for cats all necessary resources – including their favourite toys for familiar smells.



**Vacuum the room before you bring your pet inside.** This will help remove traces of previous pets' hair and smells and help to rid the room of any unwanted parasite visitors.



**Keep your pet confined to this room** while the rest of the house is sorted. Make sure the room is a comfortable temperature and provide a meal and a favourite treat. A new toy can be good for distracting dogs and a cardboard box hidey hole is a must for cats.



**Ensure that everybody involved in the move is aware** your pet is shut in the room, ensure they're not accidentally let out!



**Allow them to explore.** Once the moving is done let your pet out of their room and allow them to explore their new home in their own time.

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## The next few weeks

- 1) **Maintain Zylkene** - keep using Zylkene until you are completely convinced your pet is comfortable in your new home. For some this may be days, for others it could take months.
- 2) **Keep cats confined for at least two weeks** - this allows them to bond with the new environment. Whilst they are indoors, ensure they have access to running water and make sure you play with them as much as possible to keep them active and minimise frustration.
- 3) **Establish a routine** - it's important to establish a routine quickly (with both dogs and cats) in order to ensure they feel secure. Make sure feeding, walks, playtimes etc are at regular times.
- 4) **Make the new house smell familiar** - have as many familiar objects around as possible. For cats, take a clean cloth and rub the side of their face to scent it with their pheromones. Then rub the cloth at cat height in each room. Do this daily to build up a nice familiar smell.
- 5) **Make sure they're hungry before you let them out** - don't feed your cat for 12 hours before you let them out. Hunger will provide a compelling reason to return. If you have a signal that it's feeding time, such as shaking their food, this can also help encourage them to come back.
- 6) **Go outside with them** - choose a quiet time to let your cat out for the first time and go outside with them. Let them explore a little then call them back for food. Repeat this process a few times over a few days but let the exploration time be a little longer each time.
- 7) **Stay on the lead** - with dogs, keep them on the lead for the first few walks until the new surroundings are familiar and you're happy the environment is secure enough to let them off\*. Practice recall on the lead a few times to be sure they're concentrating on you.
- 8) **Dedicate time** - ensure you have plenty of time to dedicate to your pet and don't be distracted during the process.

\* Providing it is safe to do so.





- 9) **Enclosed spaces** - make sure there are enclosed spaces the first time they go out, and cats would prefer plenty of 'cover' or hiding places, as they don't like open spaces.
- 10) **Stop them going back to the old place** - if you haven't moved far it may be tempting for your pet to return to their old home. This is likely to be more of a problem with cats as they are free roaming.

If this happens, it means they haven't bonded well enough with their new home and you may need to keep them in for a little longer. You could also try doing more to create familiar smells as described.

It may be wise to ask the residents in your old house NOT to feed or engage with the pet if they show up and give them your phone number. This means you can go and collect them if necessary.

- 11) **Feed small and frequent meals** - small meals ensure that the new house is regularly associated with positive events.

If the techniques don't seem to be working or you're worried the problem is serious, you don't have to solve the problem alone. Do seek professional advice from your veterinary practice or qualified animal behaviourist.

# Cat resources

Ensure cats have adequate resources. The rule with cats is  $N+1$  where  $N$  is the number of cats in the house. If you have 2 cats, you need 3 sets of resources, if you have 3 cats you need 4 sets, etc.

## Checklist for happy cats



### Litter trays

Ensure these are somewhere quiet, private and preferably not right next to a glass door where others can see in.



### Food

Cats prefer not to eat together, ensure food bowls are in different places around the house.



### Water

Cats prefer their water bowls to be away from their food, don't place them next to each other.



### Sleeping areas

Cats prefer to be up high therefore provide each cat with a separate sleeping place where they can survey their territory and watch the world go by.



### Scratching posts

Scratching is important to help cats stretch, condition claws and communicate territory boundaries. Scratching posts should therefore always be by entry or exit points. Each post should be taller than the cat stretched out and have vertical patterns like the bark on a tree. Cats prefer these to posts with spiral patterns.



### Toys

It's important all the cats have plenty of toys to mimic their natural hunting behaviours. Cats like their prey to move, join in with your cat to encourage them to play. This helps to keep your cat active and promotes appropriate hunting behaviour.



### Give them Zylkene

The main ingredient in Zylkene can help your cat cope with the coming changes in their life.



## Dog resources



### The doggy den

It's important dogs have a 'den' or safe place they associate as positive. This gives them somewhere to hide when changes are making them uneasy. Zylkene can also help them cope.

### Below is our checklist to create the perfect doggy den:

- **Size** - ensure the den is large enough for your dog to comfortably stand up, lie down, stretch out and turn around. A dog crate is ideal for this purpose.
- **Location** - provide the den in a room your pet usually likes to hide and where they feel comfortable.
- **Smells** - line the crate with used blankets, towels or old clothes to make it smell familiar.
- **Treats and toys** - provide treats and toys in the den to ensure your pet associates it as a positive place. A hollow chew toy stuffed with kibbles will keep them busy for hours.
- **Free access** - allow your pet to access the den freely at all times. This way they have chosen to go there and are not forced.



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## What is Zylkene?

Zylkene contains a natural product, derived from casein, a protein in milk. It is a molecule well known to promote the relaxation of newborns after breastfeeding. Zylkene has become a valuable support worldwide for veterinary surgeons, behaviourists, nurses and pet owners in helping pets cope when facing unusual and unpredictable situations.

## When to use Zylkene



## How to give Zylkene

 <p><b>Cats &amp; Small Dogs</b></p> <p>75 mg</p>	Up to 5kg	1 capsule a day
	5 - 10kg	2 capsules a day
 <p><b>Medium Dogs</b></p> <p>225 mg</p>	10 - 15kg	1 capsule a day
	15 - 30kg	2 capsules a day
 <p><b>Large Dogs</b></p> <p>450 mg</p>	15 - 30kg	1 capsule a day
	30 - 60kg	2 capsules a day



For more information visit  
[www.vetoquinol.com.au](http://www.vetoquinol.com.au)

Zylkene is a complementary feed for cats and dogs. This is one of a series of owner education leaflets sponsored by Vetoquinol, manufacturers of Zylkene.

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