

What Should I Do If...

...my pet looks hungry or is begging?

- Remember that your pet is receiving enough calories and nutrients to be healthy.
- Offer love in ways other than food or treats. For example, get out your cat's favorite toy or take your dog for a walk.
- Try either food balls or puzzles that make your pet work for the food.
- Consider breaking up your pet's total daily food allowance into small, frequent meals.
- Keep your pet out of the room when you are eating. With everyone in the family eating at different times and places, this can be hard. Just do your best.

...my pet raids the garbage can?

- Indoors, either invest in sturdier garbage receptacles or put the garbage can in a cupboard.
- Outdoors, put the garbage in an area not accessible to your pet.

...my cat meows at night?

- Because cats naturally eat at night, either try to set feeding time later in the day or use an automatic feeder with the time set during the night.
- Try either food balls or puzzles that make your cat work for the food.

...I can't seem to create a regular exercise schedule?

- Look for a dog-walking group, or ask your dog-owning neighbors if they want to join you.
- Take your dog to doggie day care.
- Hire a neighborhood teen to exercise your dog.
- Use "fishing pole" toys or toys that move to play with your cat while you are watching TV.

...I have more than one pet and they eat each other's food?

- Separate pets at feeding time.
- If you have more than one cat, measure out the total food for all cats, and divide it among dishes in several areas.
- If your dog eats the cat's food, create barriers between them. For example, if you have a small cat and larger dog, put the cat's food dish in a large box with a small hole in it. That way, only the cat can get at the food. Alternatively, put cat food up on a raised area the dog cannot reach.

...my pet won't eat the new diet?

- Gradually introduce the new food by mixing it in with the old food.
- For cats, offer the new food in a dish beside the current diet; then gradually remove the current food.
- Talk to your veterinary team about different food choices.

