



“What to expect when you’re expecting”

If you are expecting, this can be a very exciting time for you and your family. You will have lots to consider and new routines that will need to be set in place ready for your new bundle of joy, what you may not have considered is “How do I prepare my pet for our new arrival?”

As you and your family prepare for your new arrival, your pet will not have any way of knowing what is happening therefore it is your responsibility to ensure that they are just as prepared for the new arrival as you are.

Rather than having your pet become overwhelmed when the baby arrives with new smells, sounds and surroundings, why not acclimatise them to your new lifestyle gradually. Let your pet be a part of the experience so that when the baby arrives, the adjustment will not be as daunting for your pet.

For instance, you can introduce new items into your home as early into the pregnancy as possible, such as a crib, bathing stations and toys. If the toys play music, you might also like to play these so that your pet can adjust to the new sounds.

Let your pet be a part of the experience, allow them to explore all of the new and strange objects that you have brought into their home, this will allow them to adapt to unfamiliar scents and sounds.

It is very important that once the baby arrives you have already laid out some ground rules for your pet, for instance, you may wish to have a “pet free” zone such as the nursery. It is essential that you implement this new routine as early into your pregnancy as possible. This will prevent your pet from becoming stressed once the baby arrives.

Providing your pet with their own “safe space” will allow them to relax and enjoy some much needed rest once the baby arrives. This is an essential part of a successful relationship between pet and baby. Once your baby becomes more independent and exploring the home, it is important to set boundaries for you baby too, letting them know that they should not enter your pets “safe space”. Again, this is an essential part of a successful relationship between pet and baby.

See our [Pet Planner Check List](#) to help you prepare your pet for your new arrival.

See our [Ladder of Communication](#) to help children understand your dog’s body language.