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## ***Suggestions for a peaceful Christmas and New Year's Eve with Animals***

Christmas is here and hopefully a few nice days with family and friends. Our animals notice that something is different. This means for them that they are more attentive and it might be that they get stressed by the preparations.

It is very important to give our animals the feeling to be safe and be specially understood during this time, where things are not as they usually are.

Here are a few suggestions so that your animal can enjoy Christmas too:

- Do not over feed your animal. Give the normal food and a little special if you want but do not over feed it nor give it something to eat of which you do not know how your animal is going to react to it. There are enough emergency cases at the vets at Christmas because of that.
- Give your animal the opportunity to retreat when things get too much for it.
- Prevent your guests (young and old) from being a hassle to your animal companion. Let the animal go to the people and not the other way round.
- Prevent your guests from feeding your animal companion all sorts of things.
- Do not ignore your animal, just because you have guests. Keep an eye on your animal so you can interfere if necessary.
- Let your animal be part of the party if it wants to and do not put it away from you but let it retreat if it wants to.
- Your animal loves presents too. You can wrap up present for your animal and let him unwrap it. In order to get your animal to unwrap the present just put some nice smelling animal cookies there too. Here is a video of my two dogs Nebo and Lisa unwrapping their Christmas presents last year (2010).  
[http://www.youtube.com/watch?v=wsEfiyq13\\_A&list=UUwTduBijmZ6BTw6kqZfS88g&index=2&feature=plcp](http://www.youtube.com/watch?v=wsEfiyq13_A&list=UUwTduBijmZ6BTw6kqZfS88g&index=2&feature=plcp)

New Year's Eve approaches very fast after Christmas. The same suggestions apply as for Christmas. Here are a few more, specially for New Year's Eve:

- Close the windows and let the blinds down in order to dampen the noise of the fireworks.
- Put some nice music up loud so that it swallows the noise. Music and Fireworks are nothing else than vibrations and vibrations can swallow each other or at least dampen each other.
- Give your animal Bach Flowers Rescue Drops already in the morning (you can also do that at Christmas if your animal gets stressed with guests)
- If your animal is afraid of the firework noise, do no talk to it since this makes it believe that something is wrong. You can touch it though and even hug it, if it will allow it.
- You can also put a blue t-shirt on your animal. Blue swallows the shock waves of the fireworks and give security. **Do NOT put a red t-shirt on your animal, since red intensifies the experience.**

If you practice Animal Communication, please talk to the animals living on the streets and the wild animals to let them know that there will be a lot of noise on New Year's Eve. Thank You.