

# ~ Apartment Living with a Pet ~

Living in an apartment with a pet poses a unique set of obstacles: the sounds of neighbors passing by, other pets in the building, not having a yard for potty breaks, etc. Not to worry though, there are steps that can be taken to make sure your pet is happy, healthy, and behaves while living in your apartment!

## **Provide Plenty of Exercise**

Both dogs and cats require daily exercise to keep them fit as well as out of trouble! When living in an apartment you are not able to just open the back door for the dog to run around. You must take them on daily walks or on trips to the dog park. Exercise is essential to making sure your pet is happy and healthy so be sure you are giving them enough time to release their energy. If you are busy, enlist the help of a **local pet sitter** to provide mid-day, morning, or evening walks or play time!



## **Provide Enrichment**

Dogs and cats can get bored when they are home by themselves and often boredom equals destructive behavior! Provide your cat with plenty of scratching posts or corrugated cardboard scratchers around the living area. Put them in areas where your cat typically spends a lot of time to encourage their use as opposed to scratching furniture or carpet. A bird feeder outside a window is a great way to provide visual stimulation and all day entertainment. Catnip toys and food/treat balls can provide fun and exercise when you are not home. When you are home you can use a laser pointer or feather toy for your cat to chase and release energy. Many

dogs need to exercise their brain in order to stay out of trouble, especially high energy dogs that seem to never slow down! Kongs and food puzzles are wonderful mental stimulation as the dog works to get the food out. Leaving calming music or the television on can provide familiar sounds for your dog so he is not hearing neighbors or other animals in the area.



## **Dealing with Neighbors**

Always be considerate of your neighbors! Barking can easily carry between apartment walls so teaching your dog "quiet" can be very useful. Also, remember that if you are on the upper level your neighbors below you can hear the dog or cat running across the floor chasing the ball or toy. Be mindful during playtimes. In an apartment complex it is very easy to run into neighbors and other dogs when you are walking around the complex so always be sure to keep your dog on a leash to prevent any unexpected encounters. Don't forget to bring bags on your walks as well to keep the complex looking its best!

***Carrie Pawpins, Pet Nanny can provide your pet with daily care visits or care while you are on vacation! We can also help if you are experiencing behavior issues with your pet or want to work on basic obedience!***

***Give us a call today!***