

## B-14 PROTOCOL FOR THE INTRODUCTION OF A NEW PET TO OTHER HOUSEHOLD PETS

When you first bring home a new pet, expect a period of transition and adjustment for the other pets in the household. You may find that some pets hide from the new addition, whereas others might try to push it around. Sometimes the original pets will start behaviors designed to get your attention including barking, pawing, stealing items, or pushing the new addition out of the way and jumping on you. All of these can be normal and are not worrisome if they change within a week or two. If the animals in the household do not revert to normal behavior within a short time or if they become aggressive, a problem exists that will not go away on its own. The sooner you seek help from a qualified specialist, the better.

Before introducing *any* new pet, make sure it is healthy, has up-to-date vaccinations, and that test results for fecal parasites are negative. It is particularly important that all new cats are checked for their viral titer (feline immunodeficiency virus [FIV], feline leukemia virus [FeLV]) status. Cats with positive results should not be brought into a negative household.

You can make the transition easier for new pets by using gradual introductions. The new pet should be kept separate from the other pets whenever they are not closely supervised. This advice may be extreme, but it is designed to ensure that no injuries occur and that the social system of the original pets is not suddenly fragmented. The original pet(s) should have access to the same areas of the house as previously. If the dog was crated, the crate can still be used. If access was restricted to the first floor, this pattern should continue. The new pet should be placed in a neutral area (den, finished basement, brightly lit bathroom) with toys, a blanket, water, a litter box if the new pet is a cat, and anything else that it might need. It is important that the new pet *not* be placed in an area that is considered highly desirable by the other pets. Areas of high value usually include places where the people spend a lot of time with the pets (bedrooms) or where the pets choose to stay when they are alone (around food dishes or on window sills that are good perch sites). If your dog is always crated, you can accustom the dog quickly to a new dog by crating the new dog across the room where it can be seen by the original one. As the dogs become more accustomed to each other, their crates can be moved gradually closer together until they are side by side.

Be sure that the area in which you are confining the new pet is "pet-proof." This means that toilet seats should be down, electric cords should be tied up and put away, sockets should be protected with child guards, and any valuable or fragile items should be moved. New pets will explore, and that exploration should not endanger them. If the new pet is a very young puppy or kitten, you may wish to crate it for its own protection (see handout on "Protocol for Basic Manners: Training and Housebreaking for New Dogs and Puppies"). Crates do not afford total protection from willful and determined claws and teeth of an uncrated animal, but they do greatly minimize the risk of damage.

Whenever any animal is isolated for any reason it is critical that the animal receive a lot of social attention whenever possible. This is especially true for new pets. When you come home greet the original pets (make all the dogs sit first) and let them out, if this is your normal routine. Do not rush—when people are stressed and rush they may either facilitate undesirable interactions between the pets or not be as attentive to cues about impending problems as they other-

wise would. Introduce the new pet gradually. First, spend some time alone with the new pet. Then bring the new pet outside on a leash or harness and let the other pets explore him or her. If you anticipate problems, the other animals also can be on leashes or harnesses. If you have too many animals to adequately monitor under these circumstances, the new pet can be placed in a crate or cage in the center of a room and the other pets can explore the caged pet.

The best time to perform gradual introductions is when the animals are calm. Start by petting the original pets and telling them that it is "okay" *only* if it is truly okay; do not reward hissing, growling, or biting. When you tell a pet it is "okay" when it is upset, you are not calming the animal—you are rewarding the inappropriate behavior. If the animals in the household are calm and either ignore each other or act friendly despite the new addition, you can feed them within sight of the new pet. This distance should be close enough that they can easily see and watch each other, but not so close that they become upset. Once you find this distance you can move their food dishes closer together by an inch a day until they are side by side. If you ever have an aggressive encounter, back off from that distance and return to the last distance where neither pet reacted. Leave the dishes there for a few days and then gradually start to move them again. Feeding and petting the animals in each other's presence teaches them that good things happen when they are together and calm. For this to be successful, neither side can react violently. If a pet does react this way, banish that animal to a neutral zone *immediately* and try again when it is calm. If it again reacts violently, banish the pet for the rest of the day or evening and try later in the day or during the next morning.

Some aggressive and undesirable interactions are not violent but are still not conducive to the development of a good relationship between the pets. You can learn to watch for subtle behaviors that can signal potential problems, should the recipient of those behaviors not be able to change the course of the interaction. In dogs these behaviors include piloerection (hair lifting on scruff, neck, or back), staring, snarling, stalking, side-by-side posturing with growling or lip lifting, and pinning the other animal by grabbing its neck. Cats are masters of subtle threats, and their biggest nonvocal threats include a direct stare and an elevation of the rump and the base of the tail with or without piloerection. Hissing, snarling, and pouncing are also threats but are less intimidating to many animals than the display just described. If you *believe* that the new pet either is losing the contest or is terrified, or is becoming so aggressive that it might injure the original pet, separate the animals. *Do not put your hands or other body parts between the animals.* This is the single most common way in which people are injured by pets. Use cardboard, brooms, loud noises (whistles, foghorns), or water pistols to separate the animals. If you can identify the aggressor, banish *that animal* to neutral turf. If you cannot identify one aggressor, banish every animal to different pieces of neutral turf.

If the new pet is sitting in close proximity to the other pets and everything seems to be going well, tell all the animals that they are good and give them all small food treats and petting, if they like to be petted. This works best if you have two people so one can hold the new pet while the other deals with the other animals. If you are working with two people, switch roles so that the new pet does not associate its rewards with only one person. This can still be accomplished with one person by using leashes, harnesses, and

crates. Leashes can be tied to furniture or doorknobs that are at a distance that will allow the pets to sniff each other and react, but not so close as to permit them to lunge at and injure one another. Never leave a tied pet unsupervised even for a minute; it could strangle and die.

The entire time that you are doing this exercise—and it could take hours or weeks—make sure that each pet has 5 to 10 minutes alone with you each day when all you do is pay attention to that pet. This attention could be grooming, playing with a toy, or just petting and massage. Make sure that the pet is happy and relaxed at these times. If you know in advance that you are getting a new pet, you may want to establish these periods of individual attention in advance of the new arrival. If these periods follow a regular schedule, the pets will learn to anticipate them. It may decrease their anxiety about the new addition because they can rely on them.

Once you are able to get the pets to react to each other in a positive manner or not to react at all when restrained, remove the restraints. Be vigilant and keep a water pistol, foghorn, air canister, or whistle with you to interrupt any dangerous situations. If the animals are all behaving well, remember to reward them with praise and treats.

Once you have done the above, you are ready to let the animals out of your sight. Put a bell on the new animal by sewing a bell to its collar so that you always know where it is. This will allow you to spy on any potentially problematic interactions and to interrupt them before they create problems. During this period when you are beginning to provide the pets with free access, remember to provide additional water dishes, litter boxes, beds, and toys so that you minimize competition and the potential for aggressive interaction.

The keys to success are patience and observation. It is critical that the animals are not inadvertently encouraged to become hostile or nervous in each other's presence by well-meant but misplaced reassurance for inappropriate behaviors. Expect that the social system may shift. The dog that you always thought of as the "boss dog" may not only be relegated to a lower position, but may also prefer that. Let the animals set their own pace. In many cases the pets never become close companions but are reasonably content leading separate lives under the same roof. This is far more preferable to frank aggression. Do not push the animals too hard or push for relationships they clearly do not want; this could backfire and you could undo most of the good behavior that you had achieved.

If your pets have lived in the same household but have begun to have some problems with interaction, the previously mentioned protocol can also help them (for more detailed information for dogs, see "Protocol for Dogs with Interdog Aggression"). The pet that is the victim of the aggressive behavior should be fed, walked, and given attention before the aggressor. This reinforces its right to some valued status. If confinement of one pet becomes necessary, confine the aggressor in a neutral or lower quality room. Do not confine the aggressor where it would rather spend time; this only convinces the animal that the contest is meritorious. When you reintroduce the pets, do so gradually as described previously. Move from introductions under controlled circumstances to ones in which the animals are being monitored from a distance. Let their behaviors tell you when you are ready to progress. Put a bell on the collar of the aggressor. At the first sign of any aggressive behavior, and defi-

nitely within 30 to 60 seconds of the onset of the behavioral *progression*, startle the aggressor with a foghorn, air canister, or water pistol. This means that you should not wait to startle the cat until it has pounced on the kitten, but that you startle it as soon as it stares at the kitten. Timing is everything. The startle must be sufficient that the behavior is aborted but not so profound that the animal becomes terrified. At that time reassure the victim, and after *all animals have been calmed*, engage them both in behaviors that are incompatible with aggression (i.e., feeding and petting). If the aggression persists, banish the aggressor until it is calm, then try again. If the aggression continues, banish the aggressor until later in the day or the next morning.

If the aggression—either between new pets or pets already in the household—continues, you can try a behavioral modification technique called "flooding." Done incorrectly this can be very traumatic and damaging. Consider consulting a behavioral specialist to see if this is necessary. It can be a wonderful last resort. In flooding, one animal is kept confined or otherwise restrained while it is reacting inappropriately in the presence of the other animal. It is kept in that restrained or confined situation until the level of the inappropriate reaction diminishes by at least 50%. Obviously you could not keep an animal on a leash for days without respite, but an aggressive animal can be crated for an extended period with food, water, toys, and litter box, if necessary, and a blanket while the other animal is either locked in a room with it or placed in a similar cage facing the aggressor. If one animal is loose, you should realize that it could injure the caged animal or be injured by sticking its paws through the crate. If the animals become more aggressive and upset, flooding does not work and is counterproductive and should be stopped. Usually the effect is a positive one, and the crated aggressor realizes that the other animal also has a right to share the house. This technique is a last resort and should not be attempted without qualified advice.

Finally, pharmacological intervention may succeed where other therapies have failed. There are many newer anxiolytics available which, when used correctly and prescribed by qualified individuals, may be useful adjuvants to behavioral and environmental modification. In very extreme cases of interanimal aggression in which all other therapies, including pharmacological, have failed, the best, kindest, and safest solution may be to place one of the animals in a new home.

### Checklist for Introducing a New Pet to Other Household Pets

- 1. Separate the pets when they are unsupervised.
- 2. Crate one or more of the pets.
- 3. Pet-proof the home.
- 4. Gradually introduce the pets using food and rewards.
- 5. Introduce the pets during quiet times by using leashes and harnesses.
- 6. Use water pistols, air canisters, foghorns, or whistles to interrupt any aggression.
- 7. Be familiar with the physical signs of impending aggression and know how to safely interrupt such behavior.
- 8. Put a bell on the new animal when you are ready to introduce it to the household unsupervised.
- 9. Flooding?
- 10. New home?

## B-15 PROTOCOL FOR CATS WITH ELIMINATION DISORDERS

The steps below are designed to help resolve substrate and location preferences and substrate and location aversions that are commonly experienced by cats. These steps are intended to help reinforce a cat's appropriate litter box use. Remember that the feline social system may also affect the behavior of a cat that is not using the litter box. Note any interactions that might be compounding the problem.

1. All affected areas must be cleaned with an odor eliminator.
2. After cleaning, cover affected areas with heavy-gauge plastic both to change the tactile sensation for the cat and to prevent further penetration in the event of elimination.
3. Encourage the client to use multiple litter boxes, generally one more than there are cats, unless there are more than five cats; large numbers of cats may render the stimulus too strong. These litter boxes should be placed in a variety of locations and be of a variety of styles (open, covered, deep, shallow, big, small).
4. Litter should be scooped daily, and most litters should be dumped totally every other day. The exceptions to this are the newer, clumpable litters; these do not have to be discarded as frequently but do need to be "topped up." Many cats differ in their preference for litter depth. Boxes should be washed weekly. Some old boxes may be so permeated with scent that they should be discarded.
5. A variety of litters should be offered to the cat in a variety of boxes. If the cat is using soft substances, consider softer litters: No. 3 blasting sand, playground sand, shredded newspaper or toweling, sawdust, or wood chips (not cedar). Many clients at the Behavior Clinic at the Veterinary Hospital of the University of Pennsylvania (VHUP) are now using recyclable, clumping litters with almost universally excellent results. Be creative and persistent. Consider trying one of the new trays where urine passes through rocks onto a pad below. Watch the cat and find out what works. Use this information to plot your strategy. Some cats prefer very little or no litter.
6. Cats are not trained to litter boxes; this is a behavior that develops in the absence of human intervention as kittens. Accordingly, a cat with an elimination problem cannot be trained to use a litter box; however, it can be encouraged to use a specific substrate by taking the cat to the litter box frequently, waiting with it, and praising it whenever it uses the box.
7. If the cat is observed squatting outside the box, punishment works if the cat is startled within the first 30 to 60 seconds of the onset of the behavior (that includes circling, facial expressions, and digging) *and* the startle is sufficient to make the cat abort the behavior and leave. Foghorns, water pistols, whistles, and tins of pennies all work with some cats. Foghorns are usually inappropriate in apartments, although clients derive much satisfaction from their use. Regardless, physical punishment, including rubbing the cat's nose in the soiled area, is useless after the fact and is potentially dangerous to the client and injurious to the cat during the act.
8. Some cats may need to be confined to a restricted area at first. If you do this, make sure that the cat has the same

choice of litters and boxes mentioned previously and that you give much attention to the cat during its confinement. If the cat was very social beforehand, confinement must be arranged to meet the cat's social needs. If the behavior of the other cats in the household changes when one is isolated, this hints at a social problem that may need to be addressed as part of the treatment for the elimination disorder. Access to the rest of the house can be expanded once the cats are using litter appropriately in the confined area. It is important that the expanded access be closely supervised both because of the potential relapses and because of potential social problems that may not have been previously recognized. A bell sewn to the cat's collar can act as a reminder that supervision is necessary. Access should be gradually expanded—do not give the cat free access to the entire house all at once after 6 weeks of confinement. If the cat has truly learned and demonstrated a preference for a litter or box style, this will be generalized to the rest of the house if the reintroductions are gradual. Remember that the number of boxes still must be maintained at the increased number and all cleanliness rules still apply.

Antianxiety medications may help some cats that otherwise are unable to succeed in this program. Remember, if it is decided that medication could benefit your cat, you need to use it *in addition* to the behavior modification, not instead of it.

### Checklist

#### 1. General

- Scoop litter boxes daily
- Dump litter at least every other day
- Wash the litter box in hot, soapy water once a week; use no ammonia products, and make sure that the box is well rinsed and dried
- Clean soiled areas with an odor eliminator; repeat and cover with plastic to prevent resoiling
- Take the cat to the box often and praise for scratching and/or use of substrate (If this scares the cat, do not do it.)
- Provide one more box than the number of cats
- Change litter types, depths, and box styles

#### 2. Location

- Follow general instructions
- Place a scent deterrent in the area (mint or deodorant-scented soap or something you know the cat dislikes)
- Place food and/or water dishes on the spot(s)
- Place a litter box on the spot

#### 3. Substrate

- Follow general instructions
  - Try different litters
- Types tried:

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

- Try with and without litter box liners
- Try covered versus open boxes
- Try different depths of litter, including *no* litter

## B-16 PROTOCOL FOR INTRODUCING A NEW BABY AND A PET

The addition of a new baby to a household can upset the social environment of that household and can upset the pets in the household. Steps can be taken to greatly reduce the probability of this happening by following the instructions below. These instructions are primarily designed for two-parent families. However, it is possible to implement most of the instructions if only one parent is available; notations about this have been made throughout. Please remember that *no animal should be left alone unsupervised with an infant for any reason*. This is not because most animals are innately aggressive toward infants, but rather because no infant would be capable of pushing an animal away if that animal cuddles up to them either for love or for heat. Until the child is old enough to behave absolutely appropriately with the pet (and that could be as old as 10 years of age), do not let children interact alone with the pets until you know how they will respond in those circumstances. This protects both the child and the pet.

### Step 1

Before the baby comes, get the pet used to a regular schedule that you believe is realistic and that will be kept when the infant is present. Start the feeding and walking schedule that the animal will experience once the infant comes. This schedule will probably be radically different than the current schedule, and it is best that they do not experience all the changes at once when the baby arrives. Include in the schedule a 5- to 10-minute period daily when you will attend only to the pet's needs. This period will represent its quality time and can occur either in one bout or in two. During this time, pet the animal, groom it, scratch it, play with toys, talk to it, massage it, and so on. Maintain the schedule no matter what, and make it one that can be implemented in the presence of the infant. This may necessitate setting an alarm clock 5 minutes earlier or agreeing that even if a baby cries at some point, you will not interrupt the interaction with the pet during those periods if the baby is not overly distressed and if the pet is not distressed by the child's cries. You might also find that this is a time you can set aside for you to relax; the grooming, massage, and conversation with the pet will help you relax. Be realistic and do not feel guilty. Five or 10 minutes of concentrated attention is probably more time than you give the animal as a block now. Although everybody will have to adjust to an infant's schedule, this is one way that you can tell the animal that it is still important to you and it counts. Realize that if you have multiple pets, each will need at least 5 minutes of undivided attention each day. If you have pets that get along particularly well with each other, you can certainly team them up to play with or to talk to them, but remember that the more animals you have, the more difficult it will be to give them all of the things that they need.

### Step 2

Start the dog on a leash-walking schedule that you anticipate can be maintained with a baby. Make your schedule realistic and implement it before the arrival of the child. It would be preferable if the schedule changes could be made as early as possible before the arrival of the child. This is a good time to consider changing the mechanism you use to walk your dog. If you are using a choke collar or a regular buckle collar and the dog does not behave properly instantaneously, now is the

time to teach the dog to walk in a head halter (either a Halti or, preferably, a Gentle Leader Promise System Canine Head Collar) or to teach it to walk on a no-pull harness (Lupi or Sporn harness). This is the time to get the pet under control so that you are able to take the dog with you everywhere you go with the baby where dogs are welcome, *and* you want the dog to behave well. In addition, you do not want to struggle with a baby in a backpack or in a stroller and a dog that is pulling. That is a potentially dangerous scenario that is potentially injurious for all three of you. You may want the protection of the dog, the company of the dog, and the necessary exercise for the dog when you are with the baby. A well-controlled dog will give you this. In addition, if you are unable to take the dog everywhere you take the baby, the dog will learn that the baby has displaced it in that role in the family. Although it is inappropriate to use terms such as *jealousy* when discussing the manner in which the pet treats the baby, any dog or cat will realize that it is not getting the same amount of attention. Pets will also realize that this attention has been transferred to another individual. This phenomenon could then promote attention-seeking behaviors that are designed to be competitive with the attention the infant is now getting. The more often you can exercise the dog (or cat, if the cat enjoys the exercise) with the child, the better everybody's relationship will be. As soon as you learn that an infant will be arriving, obtain and learn to use a device such as the Gentle Leader Promise System Canine Head Collar, a Halti, or a no-pull harness.

### Step 3

Again, *before* the baby arrives, allow the pet to explore the baby's sleeping and diaper changing area. For the same reasons discussed previously, you do not wish to wholly exclude the dog from every place the baby will be. These areas will provide smells that are interesting to the dog or cat. Let the dog or cat become familiar with them. You will be using baby powder, lotions, diapers, and baby objects before you have the baby. Let the dog or cat become accustomed to these by sniffing and even pawing or nosing at them.

If the dog or cat tries to drag any baby items off, correct it by telling it "No" and asking the animal to relinquish the object. If you are unable to get the dog to relinquish the object, now is the time to start teaching the dog more appropriate manners, such as "sit," "stay," "drop," "down," "take it," and "drop it." If your dog cannot do these before the arrival of the baby, you will have serious management problems. Now is the time, when you have some time, to address them. It is insufficient to say that your dog has been to an obedience class if the dog still does not respond to you instantaneously for a vocal command. Mechanisms for teaching dogs these types of behaviors are discussed in the "Protocol for Deference: Basic Program" and "Protocol for Relaxation: Behavior Modification Tier 1."

Do not let the pet make a habit of sleeping in or on any of the baby's furniture. It will only seem like a further correction when you do not allow the pet to do so once the baby arrives. Do let the animal become familiar with the area.

If your pet has had toys that are stuffed animals that may look just like infant or baby toys, expect that the pet will think that it can play with the baby's toys. If you are willing to wash these, there is nothing wrong from a health standpoint; however, the big problem will be that the dog may round up and take all of the infant's toys. As the baby ages, the dog may drag the toys from the baby's hand. Babies can be unintentionally, but tragically, injured under such cir-

cumstances. It may be preferable to shift the dog to toys that do not closely resemble the toys the baby may have. Such toys can have different scents or different sounds associated with them. If your dog can "sit" and "stay" and take an object and "drop it" at your request now, you can use that behavior to teach both the baby and the dog how to interact appropriately with each other later in life.

#### Step 4

When the baby is born, have your spouse (or whomever is caring for the pet at that time) take home some articles of clothing that the baby has used. This will teach the animal not only that these new clothing smells are part of its new repertoire, but also that there is an infant involved. Allow the pet to smell these items. Leave them around the house.

It is also best to make arrangements for the pet to be cared for in your home in advance of the arrival of the infant. Advance notice is good because the animal will be rushed around in a surprising manner, left with strangers, and shifted quickly from one place to another, only to return home to discover the infant. It is preferable to have the dog watched for in your home because this decreases the dog's stress level. A dog, especially if it does not like being in a kennel or has never been kenneled, may become more anxious and fearful when removed to the kennel. The pet can learn to associate the advent of this fear and anxiety with the advent of a new arrival.

#### Step 5

When the baby comes home, you will need help. Someone, whether or not he or she is your spouse, should hold the baby while you go in to greet the animals. You have been missing from the household while either having or going to meet the baby, and the pets will have missed you. You should be able to greet and pay attention to the animals without having to tell them to go away and without having to risk them inadvertently knocking you over or scratching the baby. If you have a dog that jumps, the dog should be put in another room until everything is calm and you can get inside to greet it. You may want to introduce any jumping dogs or dogs that are difficult to control or exuberant to the rest of the family on a leash if it provides more control, but first you should greet the dog or cat exuberantly. Remember, you have been gone and that is potentially scary for pets. After the greeting process, the baby should be held by someone else and kept out of the way. When you are ready to start to introduce the pets to the new baby, harnesses and leashes can be very helpful. Introductions should only be begun once all pets are already quiet and calm and everything is back to a more normal situation. This could take 15 to 30 minutes. During this time the pets might be curious about the baby, but they must first calm down from the earlier rambunctious mode.

#### Step 6

Once the initial pandemonium has ceased, you are ready to start formally introducing the pets to the new baby. Your spouse, or a friend who is helping you, should sit comfortably on the couch with the baby. You can then be responsible for controlling and monitoring the pet. The pet should be able to smell the baby and explore. Pets should be leashed or otherwise restrained in case they make any sudden aggressive (or even nonaggressive) movements toward the baby. If the pet is fearful of the baby, talk to the pet gently, rub it, massage it, and encourage it to smell the infant. *Do not hold*

*or dangle the child in front of the pet.* This could cause the pet to lunge. It is a wholly inappropriate and potentially dangerous behavior. The animals and the baby will get used to each other on their own terms; certainly, any infant that is dangling over a pet is in an abnormal social circumstance. If you are alone, you can put a harness on the pet and tie the harness to solid, stationary pieces of furniture with a leash. If you do this, you can then sit down at a distance where the pet can sniff the infant but not lunge. You can still verbally reward the pet while enforcing this safe distance.

Remember to be calm at all times. Although one lick might be acceptable, you should be able to tell the animal to stop *instantly*. If the animal is unable to respond to a verbal correction, licking is not acceptable. If the animal hisses or growls at the infant, you must be able to verbally correct those behaviors. If not, take the animal and put it in another room until it is calm. As soon as it is calm, you can try this again in the same circumstances. Do not reassure the pets that it is "okay" and that "Mommy" and "Daddy" still love the pet; an aggressive behavior toward an infant is *not* okay. The animal must learn that if it wants favorable attention from you, it must behave in a favorable manner toward the newest addition to the family.

If you have trouble getting the animal to calm down or getting it to respond to a verbal correction (this might be particularly true with cats), you can try using a water pistol. Squirt the animal as it begins to hiss or look aggressive. Remember that cats that take showers will not respond quickly to water, and you may have to use a higher power water pistol or one that has a small amount of lemon juice or vinegar added to the water in it. Remember that the point of any correction is to *startle* the animal so that it aborts the behavior, and you can then reinforce a more appropriate behavior. The point of these corrections is not to terrify the animal. In fact, terrifying the animal or brutally punishing the pet will grossly misfire and will teach the animal that any time the infant is present horrible things happen. Corrections are best done in the first 30 seconds of the beginning of the behavioral sequence, and that behavioral sequence usually starts with a look. Cats' eyes usually become huge, the ears are moved back, the hair is up, and the cat might arch its back, duck its neck and retract its lips or sound nasty. Please do not wait for a pounce or a swat to correct any animal.

#### Step 7

When there is only one spouse at home with the infant during the first few weeks, pets should be restrained or confined in the presence of the infant. It is impossible for you to be sitting on the couch, ministering to a baby, and prevent a pet attack if the situation arises. The key is to avoid any aggression or any circumstances in which the pet might be unsure of what the appropriate behavior would be. If the pet is a dog, it can be leashed at a distance with either a head halter or a harness or, if the dog does not pull, a neck collar. The animal can still be close to the baby and the client can pet it, but the dog cannot lunge and reach the baby. Baby gates also work well for some dogs. If the dog is prone to run through baby gates, a new baby is a potent stimulus. If you are tying the animal, make sure that the full extent of the animal's reach, including the extent of the neck and head, is at least one dog length away from the child. This is because you will invariably be nursing the baby, typing on a computer, and the fax machine and the doorbell will ring at the same time. Any dog that is problematic may wait for a moment when

your guard is lowered to lunge at the baby. Cats are more difficult, but many cats adjust well to leashes and harnesses; otherwise, many cats do not object to being banished from the room for short periods of time.

### Step 8

If, after 3 weeks or so, the pet accepts the baby with no untoward behavior, it can be unleashed. Regardless, the pet still needs to be closely supervised and observed. It is best if one spouse tends to the pet while the other tends to the baby. It is important that if two people are to share caretaking duties and the responsibility for reinforcing appropriate behavior, that one person does not always reinforce the dog. Sharing and trading off the attention for the dog and the baby is critical for both people so that the dog learns to associate the warm, loving environment with everybody. For dogs that do not respond well to voice commands and for whom the baby is a strong stimulus, the dog should never be alone with the child, even in passing, until the child can fend for himself or herself. In many cases that dog should not be alone with the child if only one adult is available until the dog can be taught to react more appropriately to the child. Please do not believe that a muzzle could protect an infant or a young child from damage from a dog. Muzzles may prevent bites, but they do not dissuade the dog from lunging and pushing on the child. Infants and young children are particularly susceptible to crush injuries and, in many cases, skulls have been fractured by a dog that lands on a child in play without the intention to do damage.

### Step 9

If the pets do not pose a hazard (tripping, falling, jumping, grabbing) and they are truly just being social, there is no reason, once they are accustomed to the new baby, that they cannot accompany the parent around the house and be with the baby while he or she is being changed, bathed, and so on. In fact, this helps facilitate the future interaction between the child and the pet and may help the child become a kinder, more humane individual by learning age-appropriate pet behavior. Regardless, any dog so treated should be very responsive to voice commands so that no struggle should ever ensue in getting the dog to comply with a desired behavior.

### Step 10

Under no circumstances should any pet be allowed to sleep in a room with an unattended infant or young child. Use a baby monitor, an intercom, or a room monitor, and close the door. Predatory tendencies are far less of a concern than is the fact that a dog or cat could inadvertently smother a child. The amount of guilt associated with a tragedy would be unbearable for both the new parent and for the pet.

### Step 11

If the pet is aggressive or frightened around the child, you should start exposing the pet to children very gradually. Go back to Steps 5 and 6. Such pets must be supervised in all interactions with children. Remember that even muzzled animals can harm infants. Predatory aggression is the most common form of aggression shown by dogs to very young infants, whereas aggression caused by pain or fear is frequently associated with older children (18 to 36 months of age). These children are often uncoordinated and may inadvertently hurt a pet by their play or their ambulatory capabilities. Older pets that may be arthritic or that have painful hips or shoulders are particularly at risk, as are those with chronic ear conditions. These are areas that children frequently grab. Young children should be taught to treat pets gently: no pulling, no tugging, and no pounding on them. Again, this is especially important if the pet is old, ill, or arthritic because any dog that is in pain may use a bite as its only defense against a rambunctious child.

Finally, there has been a well-documented link between animal abuse and child abuse. Children who abuse animals will progress to abuse of other individuals and will abuse their own children in the future. In turn, many children who are abused will abuse pets. If your child has a problem complying with age-specific, appropriate, humane, and gentle handling conditions of pets, it could be that the child has a problem or has observed this behavior from friends. If so, this potential problem should be explored. On the very positive side, appropriate pet-child behavior can be a wonderful experience and can help make the children more humane and socially well-adjusted.

## B-17 PROTOCOL FOR DOGS WITH SEPARATION ANXIETY

Dogs with separation anxiety traditionally destroy objects in the house, destroy sections of the house, or urinate, defecate, vomit, or salivate when they are left alone. The amount of time that they can be left alone without these problems can be very variable. In profound cases of separation anxiety, dogs can be left alone for no more than 10 or 15 minutes before they panic and exhibit these behaviors associated with anxiety.

In many cases of separation anxiety the inappropriate behavior is only apparent after a schedule change. For instance, the dog may be fine until 5:30 or 6:00 P.M. when the client is accustomed to coming home. If the client's schedule changes and now he or she is not home until 7:30 P.M., the dog may start to panic at 6:00.

There are idiopathic changes that occur in some older dogs and, for no apparent reason, a dog that has been able to be left alone all its life can no longer be left alone.

In some cases the fear of being left alone can be associated with horrific events. These events include being caught in a fire, being in the house when a burglary was attempted, or being in the house when an alarm system sounded. In these situations dogs may have a worse experience than dogs for whom separation anxiety develops more gradually and may benefit at the outset from stronger medications.

Dogs that are at risk for separation anxiety include those rescued from humane shelters, those rescued from laboratory situations, those rescued from the street, and those that have spent extended periods in kennels or with one older housebound person.

The following steps are designed to teach these dogs that they do not have to be fearful and that they do not have to have panic attacks when they are left alone. Remember, the dog's separation anxiety can be extremely variable; although most dogs respond by having a smaller space where they can feel secure, some dogs panic at being put in a crate. If the dog panics when put in an enclosed space, no matter how airy the crate or what type of room, do *not* force the dog to be crated. This will only make the situation worse.

### Step 1

The first step of this program—designed to teach dogs to not be anxious when left alone—involves teaching the dog the first tier of the behavior modification program. This program is designed to teach the dogs to “sit,” “stay,” and “relax” while the client does a variety of behaviors, some of which may be upsetting to the dog, in a benign and protected circumstance. When the dog can perform all of these behaviors perfectly for everyone in the household in each room in the house without reacting and perform them outside without reacting, the dog is then ready to start the second tier of the behavior modification programs. For the dog with separation anxiety, the second tier of behavior modification programs involves teaching the dog to be left alone for gradually increasing increments of time. Until the dog is absolutely ready for that program, it would be best if the dog were not left alone. Because some dogs react inappropriately only when one person leaves the house, it would be optimal if that individual could take the dog to work. If that is not possible, having a dog sitter in the house or putting the dog in a kennel during the day are other suggestions. If the dog must be left at home, it is best to put the dog in either a crate if it is comfortable there or in a small isolated area. This is discussed in the following step. In addition, it is critical that

the animal respond to programs designed to support and encourage deferential behavior throughout the day. The “Protocol for Deference: Basic Program” is designed to teach the dog that it must “sit” and “stay,” look happy and relaxed, and earn all of its attention 24 hours a day. Remember that dogs with separation anxiety are anxious. They are not anxious only when they are left alone—they are probably anxious in a variety of contexts, and it is important to teach them to relax at any opportunity you get. The more you can make their relaxation behaviors generalize to everyday life, the better. It is critical that both programs to teach deferential behavior and the programs to teach the dogs to take all cues as to the appropriateness of their behavior are practiced minimally twice each day for 15 to 20 minutes by every member in the household. If there are several household members, each person can practice once a day, but each person must practice at least once a day. If everybody practices twice a day, the dog's behavior will improve more quickly. The harder you work and the more intensely you work, the better.

### Step 2

Crate the dog or isolate it in a small room when you are not at home. Ensure that the crate and the room are puppy-proof (i.e., no dangling cords, no uncovered electrical outlets, no open areas of water, such as a toilet, in which a pet can drown). Make sure that the dog has a blanket or bedding, water, toys, and a biscuit. Never leave a loose collar, a Gentle Leader/Promise System Canine Head Collar, or any other head collar on a dog while it is in a crate. In fact, it is probably best to remove buckle collars while crating dogs because any dog can catch any collar on a crate and potentially strangle to death. This may be particularly true for an anxious dog that constantly moves around. Anything that can be destroyed should be removed from the room and, if necessary, acrylic plastic sheets can be placed against the walls so that if the animal becomes upset, it does not do any further damage. Once the dog starts to do damage, it is possible that this will become a self-perpetuating cycle. *Never use the crate as punishment.* Crates and safe rooms must be areas where the dog is content and feels secure.

### Step 3

Make sure that the crate or safe room is in a brightly lit, temperature-controlled area. No dog will enjoy being thrown in a dank, dark garage just because that is the easiest place to clean up. Leave a television or radio and lights on for the dog while you are gone, and make sure that there is a signal that will tell the dog 15 to 20 minutes before you are going to return that you will be returning. You can place an additional light and a radio on a timer. If the dog can learn to respond to this through short departures over the weekend, you can use it in the behavior modification program. You can try this by setting a light and timer and coming into a room where the dog is sitting and relaxing for short periods. Every time you come in, the light should come on. Every time you leave, reset it. If you can work up to 15 or 30 minutes, you may be able to use this as a signal throughout the day that you will be coming home.

### Step 4

If you are unable to get a pet sitter, you can have somebody come into the house to visit the dog during the day. This works well particularly for dogs who can go 3 hours but not 4 hours without attention. In some cases dogs are fine when

left alone in cars, but they are not fine in houses. Do not leave the dog alone in the car unless you are positive the dog will not destroy it. For some people, being able to take the dog and leaving it in the car is an option. It may not work for everybody and, until you know how the dog is going to behave, it would be inappropriate to subject the dog to an entire day in a vehicle. It is also inappropriate to subject dogs to this if you live in climates that are either too hot or too cold. Remember that when it is 80° F, the inside temperature in a car often reaches 140° F to 160° F. Dogs can die within minutes at such temperatures.

#### **Step 5**

Regardless of how the dog behaves to timer desensitizations, set a light on a timer so that it will come on 30 minutes before you come home. This acts as a first cue for the dog.

#### **Step 6**

Some dogs behave best if they can observe the outside world. If your crate can be *placed* by sliding glass doors or if you have an outdoor run that is sturdily enclosed, including a roof, and no one can steal or abuse the dog, some dogs do much better if they are outside. This is an option worth investigating. It is not a substitute for behavioral therapy but can be an adjuvant to it.

#### **Step 7**

Identify cues that make your dog realize that you are about to leave (see "Protocol for Teaching Your Dog to Uncouple

Departures and Departure Cues"). These are usually cues such as putting on makeup, grabbing your briefcase, dressing in a suit, getting up at 6:00 A.M. and putting on work clothes immediately, and picking up your keys. Desensitize the dog to any of these cues. For example, pick up your keys but do not go anywhere, put on makeup and high heels on the weekend, leave for your legal practice wearing a jogging suit, use a different door than you usually do, change your pattern of things that you do before leaving. Start to water the plants before you leave instead of rushing out the door. Anything to decouple the cues the dog uses as a signal for your departure from the dog's actual initiation of anxiety-based behaviors (these include pacing, panting, whining, pupil dilation, movements of ears, frequent solicitation of attention, hiding, and jumping up and down in solicitation of behavior) will help. If you work intently on these for several weekends, you can uncouple the cues in a relatively short time.

#### **Step 8**

Finally, most of these dogs require some form of antianxiety medication to improve. Most antianxiety medications have rather limited side effects and have tremendous benefits. After you finish the first tier of the behavior modification program, your dog will begin the second tier designed to get the animal to not react to gradual departures. At that point the need for medication can be reassessed, but starting a regimen of antianxiety medication provides real benefits at that time.



## B-18 PROTOCOL FOR DOGS WITH FEARFUL AGGRESSION

Fearful aggression is the second most common canine aggression. Dogs that are fearfully aggressive frequently are called *fear biters*. Many fearfully aggressive dogs do not bite; instead they growl or bark aggressively in situations that upset them. Such situations can include approaches from other dogs, approaches from all people, approaches from children, approaches from people or dogs in specific places, interactions involving a certain kind of noise, and so on. In some rare cases dogs become fearfully aggressive because they have been excessively punished or abused. Puppies that are physically punished for housebreaking accidents can become fearfully aggressive. Some dogs that are fearfully aggressive have not had any bad experiences—they are naturally anxious and fearful. These dogs are not normal but can respond well to treatment.

Fearfully aggressive dogs generally react inappropriately when they sense an intrusion and worsen if they feel cornered. They do not actually have to be cornered to feel this way. Approaching a dog that is fearfully aggressive can be sufficient to intensify its aggressive response. Many dogs continually threaten by barking, growling, or snarling but they do not bite. These behaviors can be accompanied by postures that include slinking, lowering or tucking of the tail, ears pulled horizontally back, piloerection (hair standing on end) over the regions of their neck and shoulders, hips, and tail. Some dogs urinate or salivate while exhibiting the aggressive behaviors. Just because a dog has not ever bitten before does not mean that it will never do so. Fearfully aggressive dogs often bite from behind when the interaction is ending. These dogs often back up immediately after they have been aggressive. This does not mean that the dogs will not bite from the front; biting from the front is their only recourse if they are cornered. Such dogs feel cornered if they have no other means of escape. Situations that can make them feel cornered include when the dog is crated, when it is under a table, when it is in a corner, or when it is under a blanket.

A special class of fearful aggression can develop in households with small children. This type of fearful aggression is usually directed toward children that are 2 to 5 years of age. Because these children are very active, they may fall over the dog when playing and unintentionally hurt the dog. This may be especially true for older dogs that have physical ailments such as arthritis or for dogs that have chronic or periodic ear infections. If the dog begins to associate pain or discomfort with the presence of the child and the child continues to pursue interaction, the dog may act aggressively because it fears being hurt again. In the case of a dog with periodic ear infections, the clients think that the dog has always acted appropriately in the past and do not understand the sudden snap at the child until they realize that the dog's ears are severely infected again.

Children of all ages should be taught age-specific appropriate behaviors for interacting with pets. No child should be allowed to tug on an animal's ears or tail. Children should learn to play with animals using toys, not their body parts. Children should learn to respect that pets are another species and that because of that they may not always understand that the child did not mean to hurt them. Children should learn to respect that animals have teeth and claws and can use those to defend themselves. Until the parent is positive that both the dog and the child are safe together, they should not be left alone unsupervised—no exceptions.

The treatment of fearful aggression involves treating both the fear and the aggression. Because these animals are already fearful, it is important that nothing in the course of treatment worsen this fear. These animals are not the same as those that are fearful without being aggressive. Dogs that are fearfully aggressive are potentially dangerous to the animals or people in whose presence they exhibit this response and must be treated with appropriate respect and caution.

### Checklist

- 1. Do not reach toward the dog, especially if the dog is cornered or if there is no way that the animal can escape from or avoid you (e.g., when the dog is under a table or in a crate). Instead, call the dog to you and ask it to sit and relax. When the dog relaxes, give it a treat.
  - 2. Do not disturb the dog when it is resting. This could startle and frighten the dog. Instead, call the dog to you and ask it to sit and relax. When the dog relaxes, give it a treat.
  - 3. *Never* physically correct or punish the dog. Physical correction scares these dogs and will worsen their behavior. Furthermore, it teaches them that their aggressive response is the correct one because it was met with aggression. Consider using a Gentle Leader/Promise System Canine Head Collar. Once the dog is fitted with this collar, the halter can be used indoors when the dog is supervised. You then have the option of correcting the dog by closing its mouth and then taking it safely out of the room, away from the inciting event. Remember to reward the dog when the dog is calm. If the dog is not calm, ignore it.
  - 4. Try to avoid any and all situations in which the dog may react aggressively.
  - 5. Do not tell the dog it is "okay" when the dog becomes aggressive—it is not okay. You may be trying to reassure the dog, which is understandable, but you are reinforcing inappropriate behavior.
  - 6. Warn your friends and neighbors that any dog that is aggressive can be potentially dangerous. Ask them to cooperate with you and avoid situations that may distress the dog. These may be as simple as not reaching toward the dog to pet it. When your friends come to visit, place the dog in another room if needed. When everyone has settled down, the dog can be introduced to the people if and only if:
    - The dog has been quiet in the area in which it was placed
    - The dog appears to have an interest in coming out of that area
    - The dog can be introduced on a head collar
    - The dog successfully sits and waits on command (see "Protocol for Deference: Basic Program")
    - Your friends agree to let the dog approach them and then to request that the dog sit and relax for a verbal request
- If the dog and the visitors can do all of these things, the visitors can reward the dog with small treats. This also helps the dog learn not to react in such situations.
- 7. Minimize or avoid sudden movements or loud noises.
  - 8. If the dog approaches any visitor (canine or human), the dog should be asked to sit and relax. People should be requested not to stare at the dog.

- 9. If small children are involved, interaction with the dog should be allowed only when supervised. A head collar should always be used, and the children should practice asking the dog to sit before giving it attention. If the visitors are small children, the dog should be placed in another room before their arrival. This will protect the children, save the dog from being placed in the situation of potentially making a mistake, and save the dog much anxiety. The dog should always have a "safe" room or area that is away from the situations (i.e., children) that are associated with the fearful aggression. This area should be comfortable and should not be used as punishment.
- 10. If the problem involves individuals or situations that occur in the house, put a bell around the dog's neck so that you know where it is. This allows you to monitor the dog's movements and to either avoid or correct any inappropriate behaviors.
- 11. After you have completed "Protocol for Deference: Basic Program" and "Protocol for Relaxation: Behavior Modification Program Tier 1," you may begin Tier 2, which focuses on desensitizing the dog to the situations in which it reacts.

As with other conditions, many dogs with fear aggression can benefit from antianxiety medication. Antianxiety medication is not a substitute for behavioral therapy but can augment it.

## B-19 PROTOCOL FOR CATS WITH INTERCAT AGGRESSION

Cats, like dogs, can be aggressive to other cats for a variety of reasons. This protocol focuses on cats that are aggressive to other cats because of concerns about status or rank. Some of these cats may have other problems; therefore it may be necessary to refer to the appropriate protocol for help with those problems.

Cat social systems have been less intensely investigated than have those of dogs. When given the choice and sufficient food resources, cats tend to live in family groups of related females. One or a few males usually control all the mating. Cats are seasonally polyestrous (meaning that they come into heat more than once a year, but there is a seasonal effect) and they are induced ovulators (meaning that mating causes them to ovulate and ends their heat cycle, usually with a pregnancy). The social system of cats means that not all males will have mates. This is the primary reason that intercat, in this case intermale, aggression is seen—males fight with each other over access to family groups and to females in heat. Most cats in urban areas in the United States are both indoor cats and neutered; thus intermale intercat aggression is not a common problem for most people with pet cats. It can still be a common problem for people who live in areas where there are feral or free-ranging cats.

For the previously mentioned situation to occur, it is not sufficient that male cats are sexually mature—that happens at about 6 months of age. They must also be socially mature. Social maturity occurs in cats sometime between 2 and 4 to 5 years of age. There has not been much research in this area, but studies of free-ranging domestic cats indicate that cats in this age group start to take some control of the social groups and their activities. Social maturity is an event independent of sex or reproductive status (i.e., it also happens for neutered animals). When cats become socially mature, some of them fight over status within a household. These fights can be between males, between females, or between males and females. Fights may be less common between females than in the other pairings, because females live within family groups, but there are no data to indicate that this is so. Regardless, the cats will contest resources or access to resources. The resources may be food, water, perch sites, sunny windows, areas where the cats can survey the environment (French doors or picture windows), attention from people, and so on. There may be no true or actual threat to access to these resources. The change can be in one cat's perceptions of how much control it wants over the environment, over access in the environment, and over its housemates' behaviors.

Typically, intercat aggression occurs either between cats that have only recently been introduced or between those that have known each other since kittenhood. Regardless, it usually occurs when one of the cats becomes socially mature or when that cat perceives that another cat in the household is becoming socially mature. Clients often comment that the cats lived together perfectly well for the first 3 years of their lives and they find the new aggression particularly puzzling.

Cats can exhibit both active and passive aggression. Studies have shown that cats that are more familiar with each other or those that are less evenly matched often exhibit passive aggression. Cats that are less familiar with each other and those that are evenly matched often exhibit active ag-

gression. Very confident cats are superb at exhibiting passive aggression. Unfortunately, clients often fail to recognize one cat's behaviors in this context as aggressive and may not realize that an aggressive situation is developing until the other cat either begins to hide, fight back, or hiss when it sees the aggressor.

Behaviors involved in active aggression include hissing, swatting, piloerection, stalking, wrestling, and biting. Passive aggression can be subtle but is usually unmistakable once clients know what signs to look for. Cats that are very confident do not back down from other cats; they may even set up the social situation so that the cat that they are challenging is denied access to an area, must avoid an area, or must take a tortuous path to get to something that it wants. Passive aggression involves stares and a lowering of the head and neck while elevating the rump and piloerecting the tail and tail base and may be accompanied by a low growl.

Cats that are controlling, confident, and successful at this usually only have to use passively aggressive strategies. These cats will stare at another cat and the second cat will leave the room. If the second cat reenters the room and sees the aggressor, its presence alone may cause the second cat to flee. The victims of passive aggression are often found to spend increasingly large amounts of time away from the family, in areas of the house that others do not use (the basement), or spend time only with the clients when the aggressor is absent. This form of aggression can be very difficult to recognize because of its subtlety.

Clients often notice that the controlling, passively aggressive cat may also exhibit marking in the presence of the other cats or in their absence. The most common form of marking involves rubbing of the cheeks ("bunting"), head, chin, and tail on people, doorways, and furniture at cat height. Unfortunately, marking can also involve urine.

Urine marking generally acts as a flag for some form of aggression. Marking can involve squatting and urinating or defecating (nonspraying marking) or, the behavior with which people are more familiar, spraying, in which the cat treads and kneads, raises its tail, and flicks the tip of it while spraying urine on a vertical surface. Spraying is a sexually dimorphic behavior. This means that males more frequently exhibit it. Regardless, both males and females spray, and neutering animals of either sex reduces the frequency of marking but does not completely eliminate it. Spraying or nonspraying marking can be exhibited in either active or passive aggression by either the aggressor or the victim. It is not necessary for marking to be present for intercat aggression to occur.

Active aggression is far more physically risky than is passive aggression. In some but not all circumstances, if one cat is willing to defer to the other (let it eat first, let it have the best perch sites, groom it), the aggression will resolve. This is the theory behind tolerating some aggression when cats are initially introduced (see "Protocol for the Introduction of a New Pet to Other Household Pets"). However, if one cat refuses to tolerate the other or neither cat will acquiesce to being the lower-ranking cat, the aggression will intensify. Cat bites are very injurious because of the depth of the puncture. All cat bites—to people and cats—should be treated by competent medical help as soon as possible.

Treatment for intercat aggression focuses on establishing a social order that is tolerable for all cats involved and that minimizes danger. These cats may never be best friends, but

perhaps they can live together nonstressfully. As is the case for interdog aggression, if one cat is acting deferentially to another and the cat to which it is acting deferentially is still aggressive, great pains must be taken to give status to the cat that is being victimized. Because the aggression between the cats often has been ongoing for a long time before the clients recognized it—particularly if it involved passive aggression—the treatment of intercat aggression may be difficult. In some cases the best solution may be to place or find a new home for one of the cats. Unfortunately, the cat that is most easily placed is the cat that is being victimized. Because this is a condition involving social status, the introduction of more cats into any household with aggressive cats may put the new cats at risk for entering into the aggressive cycle. The more cats in the household, the greater the potential for aggressive problems.

### Checklist

- 1. Neuter all cats.
- 2. Trim all nails as short as possible.
- 3. Whenever the cats are not directly supervised, separate the cats involved in the aggression. This may mean that two of three cats in the household can stay together, but that the third one must be isolated. The cat that is the aggressor should be banished to the less valuable or less desirable area. Do not lock the aggressor in a dark closet, a dank basement, or a cold garage—this only teaches the cat to avoid you. Instead, if the aggression occurs in the bedroom or in front of the picture window, let the cat that is being victimized have the valued area and put the aggressor into a neutral area (a spare room). Remember to provide water and litter boxes for all cats.
- 4. Determine whether you can find a distance at which the cats can see each other but at which they do not react aggressively while they eat. If you can, you have a reasonable chance of being able to convince the cats to tolerate each other. Place a food dish for each cat at this distance. Make sure the food is something they crave. You may have to forgo *ad libitum* (free choice) feeding with aggressive cats. Give the cats small amounts of food and use frequent feeding opportunities. If you can find a distance where the cats eat happily and show no signs of aggression or fear, let them eat at that distance for a few days, then gradually start to move the dishes closer together 2 cm at a time. The goal is to have the cats eat side by side. If you can achieve this goal the cats usually will tolerate each other. If you reach a distance where the cats exhibit aggression, anxiety, or fear, move the dishes back to the last place where the cats seemed happy. Gradually try moving the dishes closer together again. If you cannot succeed in moving the dishes closer after repeated tries, let the cats eat at a distance at which they are happy. Remember, it is important to reduce anxiety, especially for the victim. Be vigilant for subtle signs of aggression such as staring. Monitor feeding time and intake. If you notice that the victimized cat is no longer finishing food that it likes or is eating quickly and leaving, threats are probably involved.
- 5. If marking is involved, refer to the "Protocol for Cats With Elimination Disorders."
- 6. When you are able to supervise the cats, they can mingle under the following conditions:
  - When they each have a bell on their collars that allows you to distinguish between individuals
  - If you hear the problem cats approach, you are willing to visually monitor the situation
  - If you carry a water pistol, a compressed air canister, a whistle, or a foghorn with you at all times, and at the first sign of any aggression you interrupt the cat by directing the device toward the aggressor (use some common sense in your choice of a device to interrupt and correct the cats; if your cat loves to play in water, water pistols will not deter it unless they have a small amount of vinegar or lemon juice in them; if you have a fearful animal or a baby in the house, or if you live in an apartment, a foghorn may not be the best choice)
  - If the threats escalate to frank aggression, do not reach between the fighting animals—instead make sure that a blanket is available that can be thrown over the animals or a broom or a piece of cardboard is available that can be shoved between the cats.
- 7. Use harnesses and leashes for all involved cats. If there are two or more people in your household, each should take turns monitoring each of the cats. If you are alone, attach the leash of the aggressive cat to a piece of furniture and hold the leash of the other cat. The cats should be restrained at a distance at which they cannot connect with each other even if they lunge. Find a food treat that the cats crave (small pieces of cooked shrimp, chicken livers, tinned sardines or anchovies, or tiny pieces of shredded chicken). Any time the cats ignore each other, tell them that they are terrific and give them a treat. If the aggressor voluntarily looks away from the other cat, reward that. If the victimized cat stares at the aggressive cat, reward that. Do not give a treat to any cat that shows any signs of aggression, fear, or anxiety. These signs include shaking and hiding.
- 8. Use a harness to correct the cat verbally or with a startle at the first sign of any aggression. If the aggression continues, banish the aggressive cat.
- 9. Use the harnesses to arrange the cats so that they cannot reach each other. Then alternate between the involved cats and groom and massage each cat. Start with the cat that is being victimized by the aggression. The goal is to get them to not react and to ignore each other. Any cat that reacts aggressively is banished. You can couple a favorable response to food treats. If the cats ignore each other, gradually begin to move them closer together. They should not become distressed or aggressive by the moves; if they do, separate them and try again at a greater distance.
- 10. If the cats are able to lie side by side without becoming distressed or aggressive and if they can eat together, you can leave them alone for gradually increasing longer amounts of time. If you notice, at any time, that any cat is injured or is avoiding the other cat, repeat the previously mentioned steps. Some cats will never tolerate being close together but can live perfectly happy, separate lives in the same house.

- 11. Cats generally require and use more space than the average house or apartment affords them. The addition of three-dimensional space can help. Consider the addition of kitty condos, cardboard boxes, beds, and crates to all rooms once you have started to reintroduce your cats.

Some problematic cats benefit from antianxiety medication. This may be an option for your cat. The role of medication should be to augment behavior modification, not replace it.

## B-20 PROTOCOL FOR CATS WITH PLAY AGGRESSION

Cats experience early kittenhood stages of both social play (3 to 12 weeks of age) and social fighting (14+ weeks of age). Much of kitten play is associated with skills useful for later hunting behavior. In fact, play becomes particularly well developed at about 6 to 8 weeks of age when cats develop good eye-paw coordination and are able to sense and respond to olfactory threats. Cats are superb solitary hunters and can begin to show independent predatory behavior by 5 weeks of age. Their mothers begin to teach predatory behavior as early as 3 weeks of age, and in large cat groups family members will continue to guide hunting skills for months. Studies have shown that cats that are weaned early (orphaned kittens that are hand-raised by humans or those born to mothers that are ill or do not have enough milk) exhibit very early predatory behavior and that predatory behavior replaces some play behaviors.

These normal cat behaviors are seen in an intensified form with play aggression. Play aggression is usually directed toward people but certainly can be directed toward other, generally older, animals in the household.

Play aggression is usually associated with early weaning and a shift to more predatory behaviors or with rough play from clients. In the former case the kitten plays roughly because its brothers and sisters or mother does not correct it when it hurts them. There is also probably some component of the actual way cats play with each other, when compared with the way they play with people, that is important but unexplored. In the latter case the kittens are taught to play aggressively by the people.

Treatment of play aggression focuses on three major strategies:

1. Avoiding the circumstances that encourage the cat to play in this manner
2. Being attentive to the behaviors that are associated with the play aggression and interrupting (correcting those)
3. Giving the cat a more appropriate outlet for its play and energy

Cat bites and scratches cause disease. They can be seriously dangerous to someone who is already ill, is immunocompromised, or has poor circulation. You are not being mean by controlling your cat's aggression. If anything, your relationship with your cat will improve.

### Checklist

- 1. Learn to recognize the early signs of play aggression in your cat. Play aggressive cats will hide behind doors or around banisters, crouching and waiting for any movement. They then will spring, using both teeth and claws, before quickly fleeing. Expect the cats to hide in these locations and beware; correct the cat at the first sign of any of these behaviors. Some cats will startle at the sound of a loud noise like a clap; some need a stronger stimulus such as a water pistol, foghorn, or compressed air canister. Cats that like to play in water may not respond to water. The point is not to bathe or mist the cat; the point is to *startle* the cat so that it aborts the aggressive attack. Startle, which is a form of punishment, works best if it interrupts the cat in the act of committing the inappropriate behavior. The earlier in the sequence of events that this happens, the better.

- 2. Do not physically punish the cat. This only teaches the cat that you will play back roughly, and the cat will respond with intensified violence. Furthermore, if the cat is small or a young kitten, you could seriously injure the cat. People observe that mothers carry kittens around by the neck with their teeth and reason that kittens will not be hurt by pinches and so on. This is not true; cats have extremely sensitive pressure receptors around their face and at the base of their teeth and can correct kittens in ways humans cannot. Furthermore, cats are often communicating other information to the kitten at that time that we are not capable of evaluating.
- 3. Put a bell on the cat's collar (use a breakaway collar). This is particularly important for cats that play with your moving body parts or clothing or those that are adept at hiding and waiting for you to pass by. Many of these cats hide under furniture and then attack toes when you sit down and move your feet. The bell will let you know exactly where the cat is and will allow you to do steps 1 and 2 above.
- 4. *Do not* play roughly with your hands. Do not wrestle with the cat, grab the cat by the head and shake it, move your hands back and forth so that the cat chases them, or pull the cat's tail. Whenever you are playing with the cat you must use a toy. If you do not use a toy, the cat will not learn to distinguish your body parts from items of play. If the cat misses the toy and grabs or scratches your hand or arm, stop the play and act mortally wounded. If you cannot make a sound that will startle the cat or if this is not your style, you can quickly blow in the cat's face. The point is to startle the cat so that it stops the aggressive event and learns from that experience. If it is done correctly, this action will decrease the probability of the cat exhibiting the inappropriate behavior in the future. There are many stuffed kitty toys on the market or you can make some from stuffed socks. Make sure that the toys you choose for your cat do not have loose threads or parts that can be chewed off; these can easily become lodged in the cat's intestines. Check your cat's toys for wear frequently and replace them if they are damaged or if you are in doubt.
- 5. Increase the amount of your cat's aerobic exercise. You can throw rolled-up tin foil or paper for the cat to bat around the room. You can rig a scratching post so that the cat gets a treat if it scratches energetically at the top of the post. If your cat likes catnip, you can use a toy system with catnip "mice" and springs that are attached to kitty condos. You can attach a toy to an extendible, flexible, elastic roping that you tie to your waist; that way, wherever you walk the cat will be able to chase a moving toy.
- 6. If all else fails or if you are not averse to it and your cat is young or is a kitten, consider getting another cat. You should try to select one that is also outgoing; you do not want a very young kitten that could be injured by your cat's rough play. Another cat often provides the perfect foil for your cats' aggressive play. Cats are more social than is commonly appreciated. It is not much more difficult to care for a second cat, and the company will provide your cat with an additional outlet for play. Furthermore, if the second cat plays appropriately, it will be able to correct your ag-

- gressive cat in a way that makes sense within a feline social system.
- 7. Make sure that your cat has its claws trimmed and kept short. If your cat uses a scratching post covered with sandpaper, this is very easy. Regardless, provide your cat with something besides you to scratch. Logs, scratching posts, and tree branches can be useful.
  - 8. If your cat persists in its aggressive play, banish it to another room. When the cat is calm, let the cat out and repeat the above instructions. Most play is about attention—eventually this will work.
  - 9. If anyone is injured by the cat, seek immediate competent medical help.

## B-21 PROTOCOL OR REDIRECTED AGGRESSION IN CATS (AND DOGS)

Redirected aggression is more common in cats than it is in dogs. This protocol is written primarily with cats in mind, but it can be easily adapted to dogs by applying the same principles and guidelines.

Redirected aggression can be difficult to diagnose because the circumstances that precipitate it are not often witnessed. Accordingly, the people who are watching the redirected event, unless it is directed toward them, think that the primary problem is interanimal (interdog or intercat) aggression. Redirected aggression is potentially a very dangerous problem; the recipient of the aggression seldom anticipates it and is usually traumatized by the aggression because it appears so out of context to them.

The classic example of redirected aggression involves two cats that are sitting in a window. Unknown to one of the cats, the other sees another cat outside. Because that cat cannot have access to the one that is outside and is agitated by that, the cat redirects its aggression toward its housemate. This behavior involves both an aggressive response that is related to the social system *and*—this is very important—frustration at not being able to resolve the perceived social conflict. Another example of redirected aggression involves the dog that is chasing the cat. A person stops the dog from chasing the cat and the dog redirects its aggression to the person. In such cases, when there are no physical barriers that thwart the continuation of the aggression, it is very important to distinguish true redirected aggression from an accidental bite. An accidental bite is one that occurs to persons or animals simply because they found themselves between fighting animals. In these cases the animal generally releases the person as soon as it realizes that it made a mistake. In redirected aggression the animal acts as if it is angry at the person or animal who interrupted it and pursues the new victim of its aggression.

Unfortunately, redirected aggression can be so contextually inappropriate, so unexpected, and so traumatic that the recipient of the aggression becomes instantly and intensely fearful of the aggressor. This aggression can change the entire social hierarchy in the household and cause the victim to hide and become withdrawn. If the aggressor has had a problem with the victim in the past, this provides a good opportunity to further victimize that cat. Full-blown interact aggression can then develop. If the recipient of the redirected aggression fights back, fighting back can either start or exaggerate an already existent cycle of intercat aggression.

It is not necessary that the aggressor continue to be aggressive for the victim to be fearful. The context is so inappropriate that a recipient can learn to be fearful on the basis of *one* exposure. Similarly, after only one experience the aggressor may learn to associate its inability to pursue an individual or circumstance in which it was initially thwarted with the presence of the housemate. For example, every time the aggressor sees the housemate, regardless of whether the outdoor cat is present, it experiences the same full-blown set of behaviors as when the initial event occurred. No wonder the feline housemate now hides from the aggressor.

Treatment of redirected aggression is very difficult. In ad-

dition to the checklist below, you need to use all of the relevant procedures in "Protocol for Cats With Intercat Aggression" or "Protocol for Dogs With Interdog Aggression." Caution is critically important. These animals are not acting normally and can injure another individual.

### Checklist

- 1. Identify the primary source of the animal's initial upset. If the cats sit in the window, look outside for signs of an intruder cat (e.g., smells of urine, buried feces, paw prints, spraying against the window, or nose prints on the glass). Do anything you can to prevent the circumstances in which the initial aggression occurred from reoccurring (put a lace curtain in the window or ask your neighbors to keep their cat indoors). If you know that the aggression has happened when the dog was corrected for chasing the cat, separate them so that the chase cannot happen. Try to ensure that the precipitating stimulus is eliminated from the behavioral environment.
- 2. Separate the individuals involved in the redirected aggression when not supervised. Make sure that the victim or recipient of the aggression has the most freedom to roam or to select a preferred resting spot.
- 3. Reward the aggressor for ignoring the victim by praising it or using food treats.
- 4. Make sure that the victim has all the attention first and that each cat or dog gets 5 to 10 minutes of individual, calming attention (grooming or massage) alone each day.
- 5. Adhere to instructions in the "Protocol for the Introduction of a New Pet to Other Household Pets." Start as if these two pets have never known each other.
- 6. Put a bell on the aggressor and observe it closely. Startle the aggressor at the first signs of any aggression, including staring. If the aggressor's mere presence seems to frighten the victim or recipient of the aggression, banish the aggressor. Try to ensure that the recipient sees you do this.
- 7. Particularly for cats, redirected aggression is so horrific that each of the cats requires antianxiety medication. The medications chosen for each cat are usually different because the desired effects are different (rendering one cat less fearful while rendering the other less reactive and aggressive). Remember, these medications are adjuvants to, not substitutions for, behavioral and environmental modification.
- 8. If nothing works after months of effort and compliance, consider placing one of the animals in another home. This is a difficult condition to treat, it may have a high relapse rate, and it may be safer to place one of the animals. Because the problem involves a specific complex circumstance, finding new homes is a good option because it totally alters the circumstance.
- 9. If the patient involved in the redirected aggression is a dog, remember that canine redirected aggression can be associated with dominance aggression. Ensure that this is not also a problem, and if it is, treat it.



## B-22 PROTOCOL FOR STATUS-RELATED AGGRESSION IN CATS

Cats do not have social systems that are identical to those of dogs or humans, but they still have a system wherein some individuals have higher rank or lower rank than others. Usually any conflicts about controlling status occur only with other cats. Occasionally some cats manipulate people in a manner similar to that of dominantly aggressive dogs. This has been termed *assertion*, or *status-related aggression*.

Some cats have been described as disliking attention or as rejecting petting ("the leave-me-alone bite"). This certainly can be a component of status-related aggression, but for many cats, rejection by biting is only an indicator of an underlying problem. If clients watch these cats closely, they often note that the cat stares at them and that, for reasons they cannot explain, they will avoid the cat's stare. Some cats constantly block clients' access to furniture or to pathways by standing in the way. Some cats rub everywhere a particular person has been or rub (or even spray) the people that they are trying to control. As long as the cat is not aggressive in these situations, there should be few concerns, but many of these cats actively solicit attention by jumping into a client's lap and then biting the client if they are petted or shifted. Cats with very exaggerated status-related aggression may lie on their people, batting at them to make them settle in positions that the cat controls and then biting the people if they do not do this or if they move. Some cats block accessways and stare at or hiss at the person who tries to go around them. Clients find themselves not doing things that they would otherwise do because they feel uncomfortable about it. These cats are very successful at passively controlling their people. This can be true to such an extent that many people do not realize it is happening.

Clients complain that, at times, these cats like to be petted, but at other times they are savage if they try to cuddle the cats. This occurs because the cat has to control the situation. When the cat initiates the petting, it might tolerate petting if the client does not get very manipulative (which may be how cats perceive effusive petting and cuddling); when the client initiates the petting, the cat often resists by using aggression. A hallmark of these cats, unlike many of those exhibiting other forms of aggression, is that they seldom swat with their claws first. Instead they become stiff, may twitch their tail, erect the hair down their back and tail, put their ears back, dilate their pupils, unsheathe their claws, growl, and bite.

A final similarity between these cats and dogs with dominance aggression is that both occur at social maturity. Social maturity begins later (probably between 2 and 4 years of age) in cats than in dogs. Clients are often unable to understand why the cat "changed." The client did not necessarily "do" anything to cause the change; the change is related to the manner in which the cats now perceive the world. The same thing happens to humans in their teens and early 20s.

The key to controlling status-related aggression is the same as that for controlling dominance aggression—do not let the cat have control. This is more difficult than it sounds because most of the cat's behaviors have been so passive that the client has not even recognized them as aggressive. Do not give up. These cats may never be cuddly (and you would be well advised to never expect them to be so), but they can learn to live harmoniously in the household and will usually do well with a cat that is cuddly. Finally, it is critical to remember that these cats are potentially very dangerous. Cats with profound status-related aggression look for openings

when the person is unsuspecting (e.g., when they are talking on the telephone) and will bite without preamble and then leave.

### Checklist

- 1. Avoid all situations in which you know that the cat might react inappropriately.
- 2. Be suspicious of these cats when they jump into your lap. Watch them carefully. At the first sign of any unsheathed claws, tensing of muscles, twitching of tail, movement of ears, or rippling of back, stand up and let the cat fall from your lap. Do not pick them up or shove them. These are challenges, and you will be bitten. This all happens quickly.
- 3. If you feel that you cannot react quickly enough in the previously mentioned situation, or the cat does not give a lot of warning (*which is not unusual*), keep a foghorn, air canister, or water pistol with you at all times. At the first sign of aggression or if any of the above appear, blast the cat. Later, when the cat is calm, talk to it sweetly and give it a treat. Do not pet the cat or dangle body parts in front of the cat.
- 4. If the cat appears calm in your lap, you can pet the cat once or twice. You, not the cat, always must terminate the attention and regulate the amount of it. Do not get involved in a love fest—you are putting yourself at risk. Always keep the cat a little hungry for attention. Stand up and let the cat fall from your lap before it is ready to stop the attention.
- 5. If you are too fearful of the cat to work on Steps 2 to 4 above, do not interact with the cat. Do not feel guilty—the cat does not feel guilty.
- 6. Put a bell on the cat's collar (use a breakaway collar) so that you know where the cat is at all times. Monitor its movements. Do not let the cat surprise you with a manipulative attack. Carry a water pistol, foghorn, or air canister with you at all times and use it.
- 7. Do not let the cat control your access to something. Ask the cat to move. Try throwing a toy that the cat will chase. If the cat will not move, use something like a broom to gently move the cat. Do not use your hand—the cat will perceive this as a challenge (the broom may also be a challenge), and you will not be able to fight back.
- 8. You can teach the cat to do tricks that require the cat to defer to you in exchange for small food rewards (tiny pieces of tinned shrimp or sardines, boiled chicken livers, or shredded boiled chicken). Decide what you want the cat to do (lie down or reach up and touch your hand with his or her paw). Using the food treat, guide the cat into that position using a command (e.g., "down" or "shake") and as soon as the cat accidentally or initially does the behavior say "Good Simba (or whatever)" and give the cat the treat. Keep the cat a little hungry by offering smaller meals so that you can practice these deference exercises frequently. Keep a water pistol or other deterrents handy. If at any time the cat's pupils dilate, its ears go back, or it shows any of the other signs discussed previously, blast the cat. Wait until the cat comes to you for attention before interacting again, and watch to make sure that it is not setting you up for a challenge.

- 9. If the cat rubs against you and marks you, remove yourself from the situation after one or two rubs. *Then* the cat *cannot* control the situation or passively believe or demonstrate that it has manipulated you.
- 10. Remember, dogs and cats do not have identical social systems. Not all the same behaviors will be exhibited by dogs and cats, nor will the signals "mean" the same thing in the same context. If you are more familiar with dogs than cats, watch your cat's specific behaviors. Bruce Fogle's book *Know Your Cat* can help.
- 11. Some cats are so persistent that they would benefit from antianxiety medication. Remember that this is to be used in addition to, not instead of, behavioral and environmental modification.
- 12. If you do not wish to monitor the cat, isolate it when you cannot or will not be able to work with it. This can be as simple as closing a door.
- 13. Finally, some cats are too dangerous to keep in some households. If that is the case, very few of them can go to another very special home. Please do not turn these cats loose on the streets.
- 14. If anyone is scratched or bitten by your cat, seek competent medical help immediately. Cat bites and scratches become infected easily and can be dangerous.



## B-23 PROTOCOL FOR TREATING FEARFUL BEHAVIOR IN CATS AND DOGS

Fearful behavior can be either idiopathic (meaning that it developed endogenously and, although it is not understood what triggers it, that nothing happened externally to cause it) or associated with some causal event (teasing by a child or being bitten by another animal). Fear is poorly understood in both human medicine and in veterinary behavioral medicine, but it can be crippling for anyone experiencing it.

In the first 2 months of life both cats and dogs go through periods that have often been called *socialization periods* but might best be called *sensitive periods*. During these periods kittens and puppies begin to explore the world around them. If deprived of age-appropriate experiences at such times, animals may be at risk for behaving inappropriately in those situations later in life. For example, cats that are not handled by people until 14 weeks of age never become friendly or outgoing toward people. Dogs that do not see people until after 5 to 8 weeks of age (when they are first aware that humans exist) may become fearful of any approaches—friendly and not—to people. In general, a very small amount of exposure to a stimulus is required during puppyhood or kittenhood to ensure that the animal does not become afraid. A good rule of thumb is that the more nontraumatic exposure that the animal can have, the better. For kittens, being exposed to people from 3 to 7 weeks of age is much more important than people anticipated. Puppies should also be exposed to people early, although they tend to focus more on their littermates than they do on people until they are about 1½ months old.

It is important to give young animals a good start. The “Protocol for Basic Manners Training and Housebreaking for New Dogs and Puppies,” “Protocol for the Introduction of a New Pet to Other Household Pets,” and the “Protocol for Treating and Preventing Attention-Seeking Behavior” are helpful.

A small amount of fear in unfamiliar situations is good and adaptive. This is what stops us from doing foolish and potentially fatal things. Fear becomes an *abnormal* response when it actively interferes with normal social interaction. It has been postulated that many animals and humans with fear-related problems have an underlying abnormality with their brain chemistry. This should not be surprising and may be why so many of these animals respond so well to antianxiety medication. Some very profound fearful and panic behaviors in dogs appear to begin to be displayed at social maturity (18 to 36 months of age). This also happens during the analogous developmental stage in humans but is currently poorly understood in both cases.

The keys to treating fear include the following:

1. Early recognition of the fearful response because permitting the animal to continually or repeatedly become fearful only reinforces the fearful behavior
2. Avoidance of situations that induce the fear
3. Gradual desensitization and counterconditioning of the animal to the stimuli that have made it fearful
4. Rewarding the animal any time that it does not act fearful

### Checklist

- 1. For a dog, practice “Protocol for Deference: Basic Program” and “Protocol for Relaxation: Behavior Modifi-

cation Tier 1.” Only after you have completed these can you begin to work with the specific Tier 2 protocols that are designed to desensitize and countercondition the pet to the problematic situations. The concepts behind these programs can easily be adapted for cats—and cats can be trained to respond to food rewards.

- 2. Until you reach the second phase of the behavior modification programs, make sure that you avoid all the circumstances in which the pet could become distressed.
- 3. If you must expose the pet to something that distresses it, consider using a mild sedative or tranquilizer. Discuss with your veterinarian whether this is appropriate. These medications are not appropriate for every pet but may prevent the animal from learning to become even more fearful. Tranquilizers and sedatives are *not intended* for daily use. They are for occasional situations (e.g., going to the veterinarian) when animals must be exposed to problem situations.
- 4. Whenever the pet is calm, tell the pet that it is brilliant and give it love and food treats.
- 5. Do not tell the pet that it is okay when it is not okay. No abnormally fearful response is okay. Although your intentions are good, you are giving the pet conflicting signals. If the pet will permit it, you can lay a hand or arm firmly on the pet and press, but do not pet the animal or tell it that it is okay.
- 6. Do not try to bribe the animal into not being fearful—it will not work. What will work is to teach the dog or cat to sit for a food treat and then gradually introduce the fearful situation so that the pet learns to associate it with good things. That is the principle behind Step 1.
- 7. Do not force the animal to be in a situation in which it becomes progressively more panicked. Many people think that if the puppy is upset, you should drag it to the thing that upsets it and the pet will “get over it.” This concept is wrong—you are making the problem worse. Observe the pet’s behavior; if it tries to escape in a more active manner, looks away, pants, shakes, drools, or widens its pupils, the dog is stressed and scared. Remove the animal from the situation as soon as possible, or ignore the pet until it is calm.
- 8. Do not use physical punishment. It is guaranteed to worsen the problem and may make the dog aggressive.
- 9. Warn friends who might interact with the animal how you would like them to interact with the pet. Emphasize that it is important for them to help the pet. If your friends do not comply, separate them and the pet.
- 10. Do not forcibly extract a fearful animal from an area where it is hiding. You may be bitten and this will be an even worse event for the pet. Instead, speak calmly and try to coax the animal from its hiding place. If this is not effective, try leaving a dish of food a slight distance away from the hiding place and just sit there. When the pet comes out, do not reach for it—just talk softly. The animal will eventually come to you. Let the pet set the pace of the interaction. Be calm.

- 11. Head collars can help dogs relax because they do not permit the dog to intensify the fearful behavior. Consider this option.
- 12. Antianxiety medications are not tranquilizers. They do not alter an animal's perceptions by drugging the animal; they act to increase levels of specific neuro-

transmitters. If your pet is profoundly fearful, these drugs may help you implement the behavior modification. Some dogs and cats need antianxiety medication on a daily basis and may need medication for life. This is further evidence that these problems are rooted in brain chemistry.