

## Why I went from Childcare to Animal Care.....

My name is Sara Frost and I am 43 years old. I am married with a 13 year old daughter and two step-children.

My back ground is in Childcare which I did for over 24 years. A job I loved until it became more about paperwork than caring for the children.

I resigned from my Nursery Manager job of nine years. I enjoyed a short break before joining a small pre-school, but I still wasn't happy - I wanted to be my own boss!



I felt lost and didn't know which direction I wanted to go.

Chatting to my mum one day, she told me about my brother and his wife to be, using a pet sitter whilst they were getting married. All the family would be at the wedding and they didn't have anyone to look after their cat. As I have always been passionate about animals and I had decided I wanted to work for myself; I started looking in to what starting a pet sitting and dog walking business would entail. The rest, as they say, is history.....

So, in October 2017 'Pets-N-Paws' was born. I still have a lot to learn but I am passionate about my business and committed to providing a good quality, professional service to my clients and their pets.

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I always had pets whilst I was growing up and right now, I have a dog, two cats, a snake, a tortoise and fish. so I know how precious they are and how it can be hard to trust other people to look after them. We have been lucky and have had family members to look after them when we've been away. I want to help other pet owners to have stress free holidays, where they don't have any worries about leaving their pets behind with me.

It was the same in childcare, one of the most important parts of the job was to build relationships with parents/carers, we needed to build trust as we were looking after their babies, the most important beings in their lives.

The services I provide are pet sitting and dog walking. I have decided to specialise in small dogs as I feel more comfortable with smaller dogs. My own dog is small, she loves other dogs and seems to prefer dogs her own size. I would like her to be able to join me on my small group walks.

I do still walk a couple larger dogs but I they joined me before I made that decision and they are lovely to walk! I already have a relationship with them and I don't want to give them up.

My business is growing and I have some lovely clients already.

## Canine Enrichment

This subject is something that I have started to become interested in and look in to to keep my own dog entertained.

Canine enrichment are activities and games that provide your dog with mental stimulation and challenges.

These activities give our dogs something meaningful to do, they alleviate boredom and may help with any behavioural issues.

These games make your dogs 'work' for their treats/food, rather than you just handing them to them they have to work out how to get them whether it is out of a 'Kong' or a 'Snuffle Mat'.



You don't need to spend lots of money on buying commercial toys, although I love 'Kongs.' There are four different types available depending on the size of your dog and how much of a chewer they are. You can fill them with whatever you want and can keep your dog entertained for a long time.

You can do much simpler games such as hiding treats in the garden or around the house.

Even just taking your dog to explore different environments such as the woods or the beach and letting them sniff will enrich their lives.

**Check out the next edition for more ideas of enrichment!!**

The above picture is my own dog Cookie with a 'Snuffle mat'. You hide the treats between the pieces of material and she has to use her nose to sniff them out. Depending on how many treats I put in, this can keep her entertained for a good five minutes. My dog is very food orientated so these games are good for her. These activities need to be supervised.

There are some dogs who are high energy, they need lots of physical exercise but quite often this isn't enough and they need mental stimulation too. Challenging games and activities will help them to use up some of the excess energy they may have.



## Avoid a fine of up to £2500!!

### Did you know.....

#### **That it is illegal to drive with your dog unrestrained in the car?**

As well as a fine you could also receive points on your licence or even a ban!

Rule 57 of the highway code states that 'When in a vehicle make sure dogs or other animals are suitably restrained so they cannot distract you while you are driving or injure you, or themselves, if you stop quickly. A seat belt harness, pet carrier, dog cage or dog guard are ways of restraining animals in cars.'

Recommended appropriate restraints are:- a seat belt harness, a pet carrier, dog cage or dog guard. Using restraints stops your dog wandering around the car dangerously and keeps them secure if you have to break suddenly.

It is not suitable for you to hold them on your lap, put them in a box or tie them by their neck using a collar



When I travel with my own dog, she has her own little seat so she feels safe. She wears a harness and attached to that is a seatbelt clip which slots in to seatbelt buckle.

If she didn't wear this then she tries to climb on to my lap because she wants to look out of the window, which is obviously not very safe.



For my business, dogs travel in the cages as above. The cages are secured down to the bottom of the van with straps. Dogs travel individually in the cages for safety and comfort. If your dog is anxious about being in a crate you can put in their favourite blanket or toy for comfort.

For example, a 32kg dog such as a Labrador will be thrown forward in a 30mph crash with such force that it would weigh in equivalent of 100kg!!

Do you really want that to happen to your beloved pet!

You wouldn't let your child be restrained so the same should apply to your dog!

Harnesses and the seat belts are not expensive to purchase and you can get them easily from pet shops and off the internet.



## Favourite Walk

I know this walk isn't in Bolton but it's not that far away.

This is Redisher Wood in Holcombe Brook and it is one of my favourite walks so far!

### Why?

There are many different paths that you can take, which adds variety and excitement to your dogs walk as you can take a different path each time.



There are squirrels to chase and streams to splash in.

There are certain paths that dogs need to be kept on lead due to livestock in the fields but otherwise they can be off lead if appropriate as it can be quite busy.



This is Lady who I take on these walks, she likes to decide which path we are going to take.

On each issue i will feature a different walk.

## Keeping in touch

Whether I walk your dog or look after your pets whilst you are on holiday, I will send you photographs so you can see how they are and what they have been up to.

I will leave you notes also about what they have done, how they have been and anything you may need to be aware of.

If there are any problems or issues I will send a message or call you straight away. If there is anything I need to know before I arrive then please text me or leave me a note at your house.

With permission I will post pictures of your pets on Facebook and Instagram when I have looked after them. For your security I will do this after you return from being away.

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Limited space available! Don't miss out!!!