Lake Pine Animal Hospital
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Preparing Your Puppy for Calm Veterinary Visits

> **Positive early veterinary experiences help prevent fear and anxiety later in life. With a little preparation at home, you can help your puppy feel confident and relaxed during visits.**

Practice Handling at Home

- Gently handle ears, paws, tail, and mouth daily
- Say the body part name ("Ears," "Nails," "Teeth") before touching
- Reward calm behavior with praise and small treats
- Practice brief, gentle restraint ("Hug" or "Hold")

Create Positive Car Rides

- Take short, fun car trips that do not always end at the clinic
- Use a securedcrate or seatbelt harness
- Reward calm behavior in the car

Bring Comfort Items

- Bring favorite treats
- Bring a familiar blanket or toy
- Bring high-value rewards for nervous puppies

Keep Arrival Calm

- Arrive a few minutes early to avoid rushing
- Allow your puppy to potty before entering
- Keep the leash loose and your voice calm
- Avoid tightening the leash if your puppy hesitates

During the Exam

- Stay relaxed – puppies sense your emotions
- Use a calm voice
- Offer treats during handling when appropriate
- Ask questions – we are here to help

After the Visit

- Offer praise and a positive activity afterward
- Avoid associating visits only with vaccines or stress
- Schedule occasional “happy visits” when possible - We are happy just to say “Hi” with petting and a treat!

When Extra Support May Help

If your puppy shows extreme fear, trembling, hiding, growling, or panic, let us know. Early behavioral guidance can prevent long-term anxiety.

A calm veterinary experience starts at home. Lake Pine Animal Hospital is committed to low-stress fear free handling and helping your puppy build lifelong confidence.