

Pet Sitters Course for Teens

Resource Guide & Workbook



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Pet Sitters
Resource Guide &
Workbook

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The Five Freedoms

Freedom 1: From hunger and thirst

Obviously, animals should be given food and water so they don't go hungry or thirsty. They also need to be fed the right type and amount of food. So, feed cat food to cats and dog food to dogs! And be careful not to feed too much because overweight pets can develop health problems such as diabetes and heart disease.

Hey, that guinea pig can't reach her water.

That's a violation of Freedom #1!

Freedom 2: From pain, injury and disease

As guardians, we're responsible for doing our best to prevent our pets from getting sick or injured. Providing a proper diet, plenty of exercise and a safe, suitable environment helps keep your companion healthy. Regular veterinary check-ups are a must too!

But sometimes pets do get hurt or sick. Pay close attention to your pet's daily behaviour. Any unusual changes like not eating or hardly moving could be signs your pet is sick or injured. As soon as you notice a change, head to the vet to see what's wrong!

That rabbit had diarrhea for two days?

Hey! You can't leave dogs in a hot car.

Yeah, in just 10 minutes that dog will be in distress!

Thank goodness he got to the vet right away!

Freedom 3: From distress

Animals are in distress when they are suffering and there is no relief. Examples include a dog trapped in a hot car or wearing a collar so tight it starts cutting into her neck. A rabbit's fur so badly matted he is in pain. Or a cat's teeth so rotten she has a constant toothache. These are all types of physical distress.

Animals can also suffer emotional distress. They may be in a constant state of fear or be so bored from living in too small a cage with no stimulation – like being in prison!

Freedom 4: From discomfort
Know how you feel after a long car ride or after hours of sitting at your desk at school? Animals can feel just as uncomfortable! A small, cramped cage may not allow your small pets to properly exercise – run and jump – or even to properly stretch and groom.

Pets may be too hot or too cold. Their bedding may be wet or smelly. There may be loud music playing all the time. Their nails may be SO LONG it is uncomfortable to walk. All of these are examples of animals experiencing discomfort.

Now those cats are getting Freedom #5!

And birds are protected from the cats! That's a high five!

Cool. They can play, bask in the sun and be safe.

Freedom 5: To express behaviours that promote well-being

We can probably all agree that animals are allowed to hop around, give your rabbit to hop around, give your cat a chance to stalk and pounce on a toy, or provide your gerbil with digging material to burrow in. Animals in our care should be happy and healthy, not frustrated or bored. We need to make sure we are letting our animals be animals –

Hopefully, the Five Freedoms make a lot more sense to you now!

Basically, they help you take better care of your companion by making you think about life from her perspective – how she feels.

YOUR MISSION!

First, be sure you are providing the Five Freedoms for your animals. Next, we need you to help us get the word out about the Five Freedoms. Pull out the Five Freedoms poster and put it up in your community or school.



Activity #1

Fill in the table below with the daily care items you will need to ask the owner about.

BONUS POINTS! Give an example of what the owner's instruction might be for that item.

Daily Care Item	Owner's Instructions
1. _____ & 2. _____	
3. _____	
4. _____	
5. _____ & 6. _____	
7. _____	
& 8. _____	
9. _____	

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMM..."



"I LOVE YOU,
DON'T STOP"

How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating



Avoid stealing other people's toys



Avoid taking a dog's bones or toys



Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face



Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.



Avoid pestering



Avoid grabbing tail/ears



Avoid climbing on or trampling



Avoid climbing on or trampling



Avoid pinching



Avoid hugging. Most dogs dislike it.



Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.



Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.dr.sophiayin.com



How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



ROLL OVER



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



SMIFF SMIFF



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



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How to Greet a Dog (and What to Avoid)

Appropriate greetings are common sense. Imagine if someone greeted you the way many people greet dogs!

Human to Human INCORRECT



Avoid reaching into their safety zone.



Avoid rushing up.



Avoid interactions without asking.



Avoid staring at people. This is scary.



Avoid leaning over.



Avoid reaching into personal space.



Avoid close interaction if the person is afraid of you.



Avoid touching inappropriately.

Human to Dog INCORRECT



Avoid reaching in or towards the dog's car.



Avoid rushing up.



Avoid interacting with unfamiliar dogs, especially if they're tied up.



Avoid staring at the dog or approaching head-on.



Avoid leaning over or towards dogs even when you change position to squat or get up.



Avoid reaching your hand out for the dog to sniff.



Avoid petting if the dog looks nervous or tense. Just admire him instead.



Avoid hugging, kissing, and petting roughly. This is too familiar and disliked by many dogs.

Human to Dog CORRECT



Stand a safe distance away so that you are not a threat.



Approach slowly (at a relaxed walk).



Ask if you can interact first.



Approach sideways and look using your peripheral vision.



Stay outside the dog's bubble and present your side to the dog.



Let the dog approach at his own rate.



If it's OK to pet the dog if he looks relaxed, comes up to you, and solicits your attention by rubbing against you.



Pat gently.

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The Art and Science of Animal Behavior

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HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE!
I don't care how cute you (or your kid) think Boogie is. Please show him some respect.



DON'T
Lean over the dog & stick your hand in his face



DON'T
Lean over the dog & stick your hand on top of his head



DON'T
Grab or Hug him



DON'T
Stare him in the eye
(This is an adversarial gesture)



DON'T
Squeal or shout in his face



DON'T
Grab his head and kiss it
(This is an invasion of space)

Doing this to a dog who doesn't know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn't that creep you out? And wouldn't you have the right to defend yourself?

THE CORRECT WAY:



- * No Eye contact
- * Let the dog approach you in his own time
- * Keep either your SIDE or BACK towards the dog (non-threatening posture)



- * Pet or stroke him on the SIDE of his face or body. Or on his back.

What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



1. develop dog's self-control



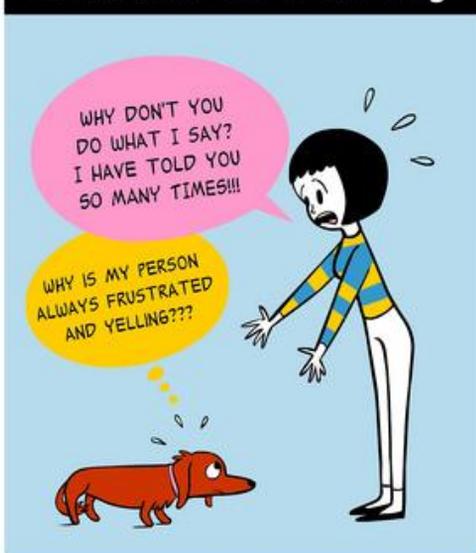
2. develop a trust relationship



3. develop dog's self-confidence



Before or No Training



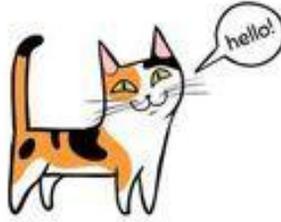
Positive Reinforcement Training = HAPPY RELATIONSHIP



CAT LANGUAGE



INTERESTED



FRIENDLY



ATTENTIVE



RELAXED



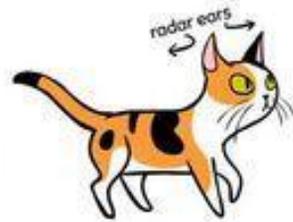
TRUSTING



FRIENDLY, RELAXED



CONTENT



CONFLICTED, CAUTIOUS



PLAYFUL



EXCITED



"THIS IS MINE"



ANXIOUS



PREDATORY



WORRIED



FRIGHTENED



THREATENED



TERRIFIED



SUPER TERRIFIED



IRRITATED



DISGUSTED

A happy rabbit

These rabbits are relaxed and happy.

Rabbits 1-3 show ears close together, facing slightly backwards and pointing outwards. Eyes may be partially closed.

1



Rabbit is lying down, with a relaxed body posture and legs tucked under the body.

2



Rabbit is lying down, with front paws pointing forward and rear legs stuck out sideways. Body is relaxed and extended.

3



Rabbit is lying down with a fully extended, relaxed body. Back legs are stretched out behind the body and the front paws are pointing forward.

4



Rabbit jumps into the air with all four paws off the ground and twists in mid-air before landing.

A worried rabbit

These rabbits are telling you that they are uncomfortable and don't want you near them.

1

Rabbit is in a crouched position, muscles are tense, head held flat to the ground, ears wide apart and flattened against the back, pupils dilated.



2

Rabbits who are worried or anxious may hide.



An angry or very unhappy rabbit

These rabbits are not happy and want you to stay away or go away.

1



Rabbit turns and moves away flicking the back feet. Ears may be held against the back.

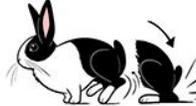
2

Rabbit is sitting up on back legs with front paws raised displaying boxing behaviour. Ears pointed upwards and facing outwards, rabbit may be growling.



3

Rabbit is standing tense, with back legs thumping on the ground. Tail raised, ears pointing upwards and slightly turned outwards, facial muscles are tense and pupils dilated.



4

Rabbit is standing tense with body down and weight towards the back, head tilted upwards, mouth open and teeth visible. Ears held back and lowered, tail raised, pupils dilated.



Activity #2

On the following pages, Doggie Language & Cat Language, fill in the blanks for what the animal is trying to say or how they are feeling.

BONUS POINTS! On the lines below, list two DON'Ts and two Dos when greeting a dog

DON'T

1. _____

2. _____

DO

1. _____

2. _____

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



SUSPICIOUS



THREATENED



"PEACE!"
look away/head turn



yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



whale eye



STALKING



STRESSED
scratching



shake off



soft ears, blinky eyes



FRIENDLY & POLITE
curved body



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



play bow



"READY!"
prey bow



"YOU WILL FEED ME"



head tilt



(or hot)



OVERJOYED
wiggly



"MMMMM...."

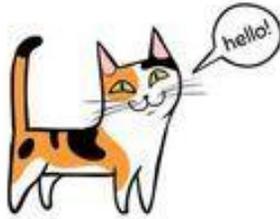


"I LOVE YOU,
DON'T STOP"

CAT LANGUAGE



INTERESTED



FRIENDLY



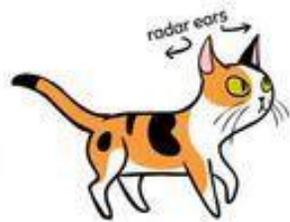
RELAXED



FRIENDLY, RELAXED



CONTENT



CONFLICTED, CAUTIOUS



PLAYFUL



EXCITED



PREDATORY



FRIGHTENED



SUPER TERRIFIED



DISGUSTED

ALCOHOL



COMA
DEATH
INTOXICATION

AVOCADO



CONTAINS PERSIN:
VOMITING
DIARRHEA

RAISINS CURRANTS



KIDNEY
FAILURE

COOKED BONES



STOMACH
LACERATIONS

WALNUTS MACADAMIAS



NERVOUS SYSTEM
AND MUSCLE
DAMAGE

ONIONS GARLIC



TOO MUCH
BLOOD CELL
DAMAGE
ANEMIA

DAIRY



TOO MUCH:
DIARRHEA

the world's
MOST

DANGEROUS



FOODS

FOR DOGS

©LILI CHIN & THE LABS & CO.

GRAPES



KIDNEY FAILURE

MUSHROOMS



SOME VARIETIES:
SHOCK
DEATH

FATTY FOODS



TOO MUCH:
PANCREATITIS

CAFFEINE



VOMITING
DIARRHEA
TOXIC TO HEART & NERVOUS SYSTEM

XYLITOL



(GUM, CANDY ETC.)
LIVER FAILURE
HYPOGLYCEMIA
DEATH

CHOCOLATE



TOXIC TO HEART
& NERVOUS
SYSTEM
DEATH

MEDICATIONS

(TYLENOL, ADVIL ETC.)



KIDNEY
FAILURE
GI ULCERS

If you think your dog ate something dangerous,
CALL YOUR VET or:

ASPCA POISON CONTROL HOTLINE (888) 426-4435
NATIONAL PET POISON HELPLINE (800) 213-6680

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how cold is too cold?

A Dog Walker's Weather Walk Guide



If there is wet weather, -2 minutes

Temperature	Small Dog	Medium Dog	Large Dog	Notes
60°				No evidence of risk: Have fun outside!
55°	No Time Limit			No Time Limit
50°	15 mins			
45°	15 mins	15 mins		Risk is unlikely: Have fun outside, but be careful!
40°	10 mins	10 mins	15 mins	15 minute walks
35°	10 mins	10 mins	10 mins	Unsafe potential, depending on breed. Keep an eye on your pet outdoors.
30°	10 mins	10 mins	10 mins	10 minute walks
25°	7 mins	7 mins	10 mins	Dangerous weather developing. Use caution.
20°	5 mins	7 mins	10 mins	7 minute walks
15°	5 mins	7 mins	7 mins	Potentially life-threatening cold. Avoid prolonged outdoor activity.
10°	5 mins	5 mins	5 mins	Potty breaks only! 5 minutes or less
5°	5 mins	5 mins	5 mins	
0°	5 mins	5 mins	5 mins	

source: adapted from The Tufts Animal Condition and Care (TACC)

Petplan



Lollypop Farm



how hot is too hot?

A Dog Walker's Weather Walk Guide



If there is wet weather, -2 minutes

Temperature	Small Dog	Medium Dog	Large Dog	Notes
60°	No Time Limit			No evidence of risk: Have fun outside!
65°			15 mins	No Time Limit
70°	15 mins	15 mins	10 mins	Risk is unlikely: Have fun outside, but be careful!
75°	10 mins	10 mins	10 mins	15 minute walks
80°	10 mins	10 mins	7 mins	Unsafe potential, depending on breed. Keep an eye on your pet outdoors.
85°	7 mins	7 mins	5 mins	10 minute walks
90°	5 mins	5 mins	5 mins	Dangerous weather developing. Use caution.
95°	5 mins	5 mins	5 mins	7 minute walks
				Potentially life-threatening heat. Avoid prolonged outdoor activity.
				Potty breaks only! 5 minutes or less

source: adapted from The Tufts Animal Condition and Care (TACC)



Activity #3

In a group of two or three, read your emergency scenario and then describe the steps you will follow to handle it. Remember, you must be S.A.F.E.

Scenario One

You walk into the home, and the dog does not come running to greet you like normal. You find him lying down under the kitchen table. Beside the table is a partially eaten chocolate bar, and there are pieces of the wrapper across the floor.

Scenario Two

You let the rabbit out for her daily run in her pen. When you pick her up though, she tries to bite you. Usually, she is very friendly. When you put her down, you notice she does not hop around like normal, and keeps picking up her front paw.

	What step does the letter stand for?	Explain how you will do this step in your scenario.
S		
A		
F		
E		

Activity #4

Answer these questions to discover your skills, abilities, likes and dislikes about pet sitting. There is no right or wrong answer. Update the Pet Sitter's Self-Assessment Tool every six months.

Background and Experience

1. The number of pet sitting jobs I have had is:

None 1–3 4–6 7–10 More than 10

2. The most animals I have cared for at one time is:

1 2 3 4 5 or more

3. I have experience caring for (list all that apply):

4. My longest pet sitting job has lasted:

A few hours 1 day A few days 1 week or more

5. I have accepted pat sitting jobs (circle all that apply):

- | | |
|--|---|
| <input type="checkbox"/> On weekdays | <input type="checkbox"/> In my neighborhood |
| <input type="checkbox"/> On weeknights | <input type="checkbox"/> Outside of my |
| <input type="checkbox"/> On weekend days | neighborhood |
| <input type="checkbox"/> During vacation times | <input type="checkbox"/> On weekend nights |
| | <input type="checkbox"/> During the school year |

Activity #4 continued

Special Skills and Abilities

7. My special abilities include (check all that apply):

- | | | |
|--|--|--|
| <input type="checkbox"/> Pet First Aid & CPR Trained | <input type="checkbox"/> Creative | <input type="checkbox"/> Enthusiastic |
| <input type="checkbox"/> Good Student | <input type="checkbox"/> Likes animals | <input type="checkbox"/> Attentive |
| <input type="checkbox"/> Responsible | <input type="checkbox"/> Energetic | <input type="checkbox"/> Can “talk animal” |

8. My leadership and pet sitting skills include (rate your ability):

Making good decisions

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Problem solving

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Staying calm in an emergency

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Understanding animal body language

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Recognizing and respecting the differences among families

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Assessing pet sitting jobs and gathering the necessary information before they begin

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Acting professionally at all times

- | | | |
|------------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Very good | <input type="checkbox"/> Good | <input type="checkbox"/> Needs work |
|------------------------------------|-------------------------------|-------------------------------------|

Activity #4 continued

9. My safety and first aid skills include (rate your ability):

Recognizing and removing or limiting safety-related problems

- Very good Good Needs work

Choosing appropriate toys for enrichment activities for various pets

- Very good Good Needs work

Recognizing and acting promptly in an emergency

- Very good Good Needs work

Giving appropriate care for various pets of different ages

- Very good Good Needs work

Preferences

10. I prefer to care for (check all that apply):

- One pet at a time
- Dogs
- Cats
- Small Animals
- Reptiles
- Birds

11. The time of day I can pet sit is:

- Mornings Afternoons
- Evenings Nights

12. I absolutely do NOT want to pet sit when... _____

—

Activity #4 continued

Parent Assessment

13. My parents or guardians will (check all that apply):

- Take me to and from jobs.
- Be available by phone when I am on the job.
- Tell me which jobs they will not allow me to accept.
- Tell me their rules for my babysitting jobs.

14. My parents or guardians will not allow me to accept these jobs:

15. My parents' or guardians' rules for my babysitting jobs are:

Activity #5

Congratulations, you have your first pet sitting job! Before you agree to take on this responsibility, explain the four things you must consider, and what might happen if you forget to think about this before agreeing to the job.

1. _____
_____ If I

forget... _____

2. _____
_____ If I

forget... _____

3. _____
_____ If I

forget... _____

4. _____
_____ If I

forget... _____

Links for More Information

Lollypop Farm, Humane Society of Greater Rochester

www.lollypop.org

PEP! Pet Education Project

www.ilovepep.org

Pet Care Guides for Kids

Dogs: <https://spca.bc.ca/wp-content/uploads/dog-care-guide.pdf>

Cats: <https://spca.bc.ca/wp-content/uploads/cat-care-guide.pdf>

Guinea Pigs:

<https://spca.bc.ca/wp-content/uploads/guinea-pig-care-guide.pdf>

Rats: <https://spca.bc.ca/wp-content/uploads/rat-care-guide.pdf>

Gerbils: <https://spca.bc.ca/wp-content/uploads/gerbil-care-guide.pdf>

Mice: <https://spca.bc.ca/wp-content/uploads/mouse-care-guide.pdf>

Rabbits: <https://spca.bc.ca/wp-content/uploads/rabbit-care-guide-1.pdf>

Hamsters: <https://spca.bc.ca/wp-content/uploads/hamster-care-guide.pdf>

Wood Green Pet Fact Sheets

http://www.woodgreen.org.uk/fun_and_learning/petpals/petpals_pet_fact_sheets