



FALLING BACK INTO ROUTINE

With school back in session, getting into a routine can be helpful not only for you, but for your pets too. A routine is when you have a set of activities or things you do at the same time every day. Routines can help pets become more comfortable and relaxed. Knowing that they will get all the things they need at the same time each day will help keep pets stress-free.

Here are some ideas for setting up a routine for your pets :

- Give your pets breakfast and dinner around the same time each day to keep their digestive system feeling its best.
- Set time aside every day for playtime and exercise. This will keep your pets healthy and allow them to get their energy out. Setting time aside each day not only helps their physical health, but will also keep their minds active.
- Don't forget that cuddles and pets are important too. This tells your furry best friend that you love them.



KIDS IN THE NEWS

Girl Scout troops across the State of Connecticut are helping the pets at the CT Humane Society (CHS). Each year, troops decide what to do with their rewards from selling cookies. Girl Scouts select between a variety of fun items, trips or a philanthropic award. This year, CHS was the recipient of the philanthropic reward. Many girl scouts chose to donate to the pets and they are so grateful! In addition to monetary gifts, they have also donated food, treats, toys and cleaning supplies. Some even created DIY pet beds and toys that were passed out at all three shelters. The pets and staff at CHS would like to thank the Girl Scouts of CT for making a difference in the lives of pets.



Vocabulary Word

Philanthropic – helping others through an act of kindness, such as volunteering or donating.

FALL HIKING TRIPS WITH YOUR PET



There are many ways to take advantage of the cooler weather this fall. Exploring new parks and hiking trails are two of the many great choices. Use these tips to keep your dog safe while exploring the outdoors.

Always be prepared. Pack a first aid kit for yourself and your furry hiking buddy.



Make sure your pet stays hydrated. Collapsible water bowls are easy to take with you.



Keep your pet on a leash for safety. Make sure contact information is up-to-date on ID tags and microchips in case your pet gets lost.



Verify your pet is in good health and can tolerate more exercise by visiting your veterinarian.

Keep your pet on a flea and tick preventative so unwanted pests don't try to hitch a ride.



Take plenty of breaks to prevent getting overtired.

Be thoughtful of other hikers. Pick up after your pet.



FELINE FEELINGS

There are many parts of a cat's body we can look at to figure out how they might be feeling. Ears, tail, mouth and body posture all give us clues to a pet's mood. A happy cat might have their ears perked up and forward, their tail high and possibly even vibrating. Cats will even blink slowly and rub against you to let you know how much they love and trust you. If you see a cat kneading (pushing their paws into a blanket or a person) this is a good sign that your cat is happy. Take a look at the image. How do you think this cat is feeling? What parts of the cat's body are giving you clues as to how they feel?



WHAT AM I?

Use the clues to figure out what type of pet is being described.

- I can have long or short fur
- My favorite foods are salad and hay
- I need to have vitamin C to keep me healthy
- When I am excited, I squeak.

What am I? _____

DIY ROPE TOY

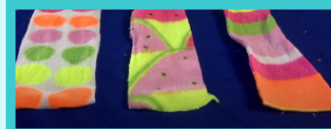
SUPPLIES NEEDED

- A 1/2 yard of fleece or an older fleece blanket.
- Scissors
- Yard stick or ruler
- An adult to help

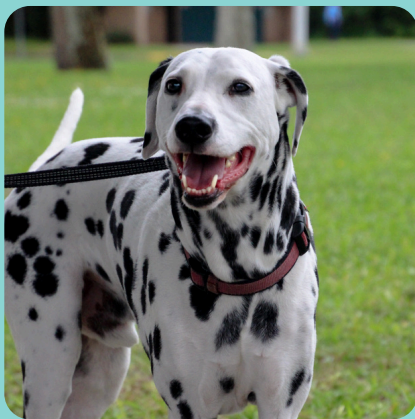


INSTRUCTIONS

1. Cut the fleece into three strips that are 2 inches long by 1.5 inches wide.
2. Lay the three strips of fleece out side by side.
3. Gather all three strips at the top and tie a double knot. Firmly tighten the knot.
4. Braid the three strips almost all the way down. Make sure to tighten the braid as you go.
5. Tie a second double knot at the end of the braid.
6. Use scissors to even the length of the strips at each end of the braid.



TRIVIA



True or False:
Dalmatian puppies are born without spots.

ACTIVITY

Activity: Can you find the words listed below? All the words have been used throughout this edition of Kids News.

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r z k d p e r m d t g q i u v e r o
z g m p d g l d i b w d o s v g u u
m e f a a u s h o c q y l b k y e y
b s a f l i e z e n r x m t f h g t
v q d b m n z v f f a o d y m o f q
e t r k a e r w d w i t c l k t f n
z a c y t a p b z b b b i h c a e q
i j e o i p n k a t t h m o i j l s
t v d q a i h m x a q d i e n p i e
d g z m n g h u f j a b x o c s n l
o t t o y v r n e h i k i n g c e d
v u p k f y o o k x z k u q p t d x
    
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|-----------|--------|------------|-----|-----------|--------|-----------|
| Dalmatian | Hiking | Guinea pig | Toy | Microchip | Feline | Donations |
|-----------|--------|------------|-----|-----------|--------|-----------|

Trivia answer: True

What am I? Guinea pig

