

The more you know about pets, the better guardian you can be. What does it mean to be a guardian? A guardian looks after their pets, meeting their needs and keeping them safe. A guardian shows love and care.

Pets give their guardians wonderful things! They teach you how to be kind and responsible. They show you how to think of others. They give you love, laughter, joy and so much more.

Remember, pets aren't perfect. They're work. Great pets need great guardians. This book is all about being a great guardian and using safe thinking skills. Half of all children under the age of 12 have been bitten by a dog, most often the family dog or a friend's dog.

We want you to have a happy and healthy lifelong relationship with your pets.
Parents! We hope you enjoy this book with your children. Here are some ways to help your child be a good pet guardian and stay safe:

- Model kindness, caring, and respect.
- Involve your children in the care and training of your pets.
- Socialize your young pets by giving them many positive experiences with different animals, people, sounds and situations.
- Supervise your child with any pet, even your own.
- Have your pets spayed and neutered.

Teachers! Check out our web site: lakesanimalfriendship.ca for additional books and resources. Find more inspiration and resources at APHE.org, Latham.org, RedRover. org, SPCA.bc.ca, IFAW.org, Doggonesafe.com, and TheGryphonPress.com. "Before You Were Mine" by Maribeth Boelts is also a treasure to read.

Thank you to all of the children of the Lakes District and their families. Your stories and artwork show how much you love your pets and make them a part of your families. You are superheroes and are inspiring families around the world.
Thank you to Perry, Kaiden, Keira, Joseph, Zoey, Marcus, Carl, Alexa, Mariah, Cameron, Devyn, Fawn, Priscilla, Lucas, Kaylah, Shealeen, Lily, Sabrina, Maria, Cooper, Haven, Kaylee, Hannah and Miranda for the artwork featured in this book.
We are sincerely grateful to all the folks who reviewed and contributed to this book, it could not have happened without you. We thank the Animal Welfare Foundation of Canada and Paws for Hope Foundation for their financial contributions.

## What I Need to be Happy and Healthy



## What Every Dog or Cat Needs

 Sniff out the hidden words below!| S | A | F | E | T | Y | T | F | L | T | M | Y | P | G | V | N | B | E | H | W |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| N | E | C | Y | K | A | R | A | H | Y | 0 | W | S | I | H | L | E | E | 0 | U |
| K | G | F | A | G | T | E | M | I | M | S | L | F | Q | U | Q | D | V | L | Y |
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| C | N | D | N | C | D | N | 0 | M | G | M | V | E | E | I | Z | L | A | B | E |
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| G | S | M | M | K | L | B | A | 0 | E | I | L | R | Z | I | B | V | R | T | D |
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| E | S | A | P | A | M | V | T | C | E | P | S | E | R | S | F | L | A | L | S |


| BED | KINDNESS | RESPECT |
| :--- | :--- | :--- |
| BRUSH | LEASH | SAFETY |
| CARE | LOVE | SHELTER |
| COLLAR | MICROCHIP | SPAY |
| EXERCISE | NEUTER | TAG |
| FAMILY | PLAY | TOYS |
| FOOD | QUIET | TRAINING |
| FRIENDS | TREATS | GUARDIAN |
| GROOMING | VETERINARIAN | HOME |

How many times can you find the word love?
What other words can you find?

## What I Need to be Happy and Healthy



How are the needs of a cat the same as your needs?

## What's for Dinner?

Healthy food keeps you and your pets going all day! Some foods like the ones scrambled below can make your pets sick.

## Unscramble the words:

$$
\begin{aligned}
& \text { ELOCHACTO } \\
& \text { RESIRECH } \\
& \text { PEARGS } \\
& \text { NOSINO }
\end{aligned}
$$



Dog food doesn't have enough taurine to keep your cat healthy. Cat food has too much fat and protein for your dog.
Read labels and check for XYLITOL. Xylitol is used to sweeten "sugar free" candies, gums and foods. Xylitol is poison to cats and dogs.


Can you think of other foods that can make your pets sick?

## Is your dog or cat getting enough to eat?

If you can easily see or feel your pet's rib bones or hip bones, you need to feed them more. If you can't feel your pet's ribs and hip bones they might be getting too much to eat.

Draw a line to match each picture with the correct description.

"I am healthy my food is just right."

"I am heavy -
less food please!"

"I am skinny I need more food!"


And don't forget, your pets need their water bowls filled every day so they can get a drink whenever they're thirsty. Canned cat food helps make sure your cat gets enough water.

## The Scoop on Poop



You should have one litter box for each cat PLUS ONE EXTRA. If you have three cats, how many litter boxes do you need? $\qquad$

Puppies can poop up to five times a day! That's a lot of poop (and pee) to clean up.
Do the math:
6 puppies $\times 5$ poops $=$ $\qquad$ poops to clean up EVERY DAY.

Just like you and me, dogs and cats poop and pee!

Indoors is the safest place for a cat, and a clean litter box is healthier for everyone. How can you make the litter box a "happy place" for your cat?
Circle true or false:
a) A smaller litter box is better.

## True False

b) The litter box should be in a quiet place. True False
c) Any kind of kitty litter will work for your cat. True False
d) Scoop the waste out of the litter box every day and wash the box every two weeks with mild soap.

## True False

e) Don't yell or hit your cat if they poop outside of the box. True False


I scoop and toss my dog's poo Why don't you scoop too?
It only takes a minute Then nobody steps in it!

## Out of the Cold (and Heat)

When the weather is terrible, where do you want to be? You want to be inside where it's safe and warm. Dogs and cats feel the same way! They may have fur coats but it still feels like wearing a T-shirt and shorts in the snow.

But when they must be outside, they need a place to get out of the winter cold and hot summer sun.


## Love ${ }^{\text {L L }}$ Love, Love Your Pet!


(To the tune of "Row, Row, Row Your Boat")

Love, love, love your pets.
Love them every day.
Give them food and water, too.
Then let them run \& play.
Love, love, love your pets.
Love them every day.
Train them well and they can tell
It's time to sit \& stay.
Love, love, love your pets.
Love them every day.
Don't forget to see the vet
For a neuter or a spay.
Love, love, love your pets.
Love them every day.
A nice warm bed to lay their head Will keep the cold away.

Love, love, love your pets.
Love them every day.
All life long, you'll keep the bond They'll love YOU every day.

Another Way to Say "I Love You" and Keep Your Pet Safe


Say "I Love You" with identification (ID) tags on your pets' collars. ID tags can help your furry friends get home safe if they're lost. What goes on the tag? Your phone number, and pet's name.
Fill in the ID tag above.
Since collars and ID tags can fall off, have your veterinarian help you with another type of ID.

Fill in the missing letters on two more types of ID:

1) $\mathrm{T}_{-} \mathrm{TT}_{-}$- on the inside of the ear
2) $\mathrm{M}_{-} \mathrm{C}_{-}-\mathrm{CH}_{-}$- under the skin

Don't forget to check your pets' collars often. Make sure they're not too tight and won't choke your pet. Cats should wear a "breakaway" or "safety" collar in case they get caught on something.

## Dreaming of a Forever Home

Buddy doesn't have a home or family. When Buddy sleeps, what kind of home and family does he dream about?

Draw a picture of Buddy's dream home and write what makes him happy and healthy.

| What will happen if a family |
| :---: |
| does not adopt Buddy? |

$\qquad$
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$\qquad$

## Speak!

## What is your dog saying?

Just like you, dogs have feelings too! Dogs tell us how they're feeling with their whole bodies. Be a "doggie detective" and watch and learn. The more we understand what they're saying, the better we can care for them and keep everyone safe.

Respect when a dog is saying "please leave me alone".
Here are some warning signs and what the dog may be feeling:

- Ears - flat and back = scared or unsure.
- Eyes - can see the white part ("half moon") of the eyes = scared or upset.
- Mouth - growling and showing teeth = angry. Yawning or licking = unsure. Not just tired or hungry!

- Fur - "spikes" or hackles up = scared or angry.

- Tail - tucked = scared. Held high, wagging and stiff = angry. WAGGING TAIL DOESN’T JUST MEAN HAPPY! Look at the rest of the body.
- Body - stiff $=$ angry. Crouched low, lifting paw $=$ scared. If they're leaning away or moving away from you give them space.


A dog that tries to bite isn't being mean or bad. They don't want to bite. They may be scared, hurt, or protecting something they love, like their family, toy, or food. Use your new detective skills to help you with the activities on the following pages.

Dogs and cats learn how to "talk" from their mom and brothers and sisters. That is one of many reasons puppies and kittens MUST stay with their mom for at least eight weeks. They will be happy, healthy and learn good manners.

## How are these dogs feeling?



1. $\qquad$ Excited


Scared

4. $\qquad$
Angry

Playful

Happy
2.

3. $\qquad$

5. $\qquad$

# Feline Feelings! What is Your Cat Saying? 

Like dogs, cats use their whole bodies to tell us how they are feeling. Use the "cat clues" and respect when a cat is saying "please leave me alone". Here are some warning signs and what the cat may be feeling:

- Ears - flat against head = angry or scared.
- Eyes - open wide = scared, or narrow = angry.
- Mouth - hissing and showing teeth = angry.
- Fur - puffed up fur on back and tail = scared.
- Tail - flicking $=$ angry or worried.

- Body - low to the ground = worried, or standing tall with back curved up in the air = scared. If the cat is moving away from you give them space.


A cat who tries to bite or scratch isn't being mean or bad. They don't want to bite or scratch. They may just be scared, hurt or trying to protect something they love - like their family.

Use your new skills at reading cat clues to help you with the activities on the following pages.

Do you like it when someone tries to pull your hair or poke or tease you? Neither does your pet. If you crowd your pet, or lean over them, or try and hug and kiss them, they might feel trapped and scared. You could get bitten or scratched.

Remember - be gentle, move slowly and speak softly.
If the dog or cat stays close to you and "leans in" for more, that is a happy sign!

## How are these cats feeling?



1. $\qquad$
Relaxed

Scared

Angry

Happy

Worried
2. $\qquad$

4.

$\qquad$
3. $\qquad$



## Top Training Tips for Your Pet

Why is training so important? Pets aren't born knowing the rules! Training keeps your pet safe, teaches manners, and helps build the bond between you and your pet.

1. Make training fun and positive

- Keep it simple, be patient
- Practice a few minutes every day
- Use rewards that your pet loves most - yummy treats, toys, kind words, gentle touch

2. Get the whole family involved
3. Reward quickly - your pet needs to know what they did right!

## Teach your Dog OR CAT to "Sit" and "Shake a Paw"!

## SIT

1. Hold a treat just above your pet's nose and say "sit" as you move the treat back toward their ears. If your pet tries to jump or stand to reach it, you're holding it too high.
2. Your pet will try to keep an eye on the treat and lower their bum. When they drop their bum to the ground - say "good!" or "yes!" in a happy voice and give them the treat right away.


3. Have your pet "sit".

4. Show your pet another treat and then close your hand over it. Wait for your pet to paw at it while you say "shake a paw".

5. The moment your pet touches your hand with their paw say "good!" or "yes!" in a happy voice and give them the treat.

Remember, be patient, be consistent, keep it fun!

# What is this boy asking his dog to do? 


2.


3. $\qquad$


Training using treats, kind words and gentle touch is a fun way to spend time with your dog. It keeps everyone happier and safer.

## Dogs with Jobs

Some dogs get special training. Sled dogs and pack dogs are still trained for their traditional jobs. Some dogs work with people who need extra help. The dog below helps in search and rescue.


# Cat Toys You'll Enjoy and Dog Treats You Can Eat 



Kitty Sock Toy
Old sock • Piece of crinkly, noisy paper
Crumple the piece of paper and shove it down into the toe of the sock. Tie a knot in the middle of the sock. (Option: add catnip or draw a face on the sock.)

## Fantastic Feline Feather Toy

Feather • Cloth ribbon or thick string • Stick Tie one end of the ribbon or string to the feather. Tie the other end of the ribbon or string to the end of the stick.


Using toys to play with your cat keeps you from getting scratched. Proper materials keep your cat safe, happy, healthy and having fun.


## Pea-Mutt Butter Treats

$1 / 3$ c peanut butter (Remember, no Xylitol, read that label!)
$1 / 3$ c oats
1 Tbs water
1 Tbs honey
A pinch of cinnamon and salt
Mix the peanut butter, water and honey.
Mix in the oats, cinnamon and salt and make a dough.
Roll the dough into balls that are ready for you and your lucky pooch to enjoy!

## Simple Sweet Pup-Tater Chews

## 1 sweet potato

Get an adult to help you chop a sweet potato into bite-sized pieces.
Place the pieces on a cookie sheet and cook at 250 degrees $F$ for $2-3$ hours.

## Find the Cat Toys

How many did you find?
A. $\square$ feather toys
B. $\square$ smooth balls
c. $\square$ crinkle balls $\square$ mice 㔾~




## ABCs of Meeting a Dog



## Meeting a Dog Song

(Sing to the tune of Twinkle, Twinkle Little Star)

If the guardian says you can
Let the doggie smell your hand Pet him gently on the chest

That is what he likes the best
If the guardian you don't see
Do not pet him, be a tree!
(nod head)
(fold hand, palm down, near your side) (petting motion)
(petting motion)
(looking side to side, shake head)
(stand like a tree)

## Stand Like a Tree

What if a loose dog you don't know rushes up to you? How do you stay safe? Don't run. Dogs love to chase!

Don't stare at the dog, this can make the dog feel threatened.
Knocked down by the dog? Curl up like
a rock. Face down, hands and arms over
your neck and ears.

It can calm your own dog if you stand like a tree when they're getting too frisky!

## Household Hazards



What would you do to keep everyone safe, happy and healthy?


On these pages there are things that are safe and unsafe.
Circle the unsafe things in red.
Colour the rest of the picture.

## Spaying and Neutering

There are not enough loving homes for all the puppies and kittens in the world. To keep pets from having babies, a veterinarian does an operation on the pets. The operation is called spaying for female pets and neutering for male pets.
Lia wants to get her dog Moose neutered. Help her find the path to the vet clinic! Colour the boxes that are true, and make a path for her. You can go side to side and down, not diagonally. Stumped? Check the hint at the bottom of the page!

| START |
| :--- | :--- | :--- | :--- |$\quad$| The operations |
| :--- |
| keeps pets from |
| getting certain |
| kinds of cancer. |$\quad$| Neutering cats |
| :--- |
| makes them less |
| likely to spray |
| and mark their |
| territory. |



## It's Raining Cats and Cats!



There are too many cats and not enough loving homes. Why? Kittens can have kittens. They can start at five months old and have up to three litters each year.

Do the math! How many kittens are born in one year from one mama cat?

Mittens has a litter of 6 kittens ( 3 female, 3 male) in spring. The kittens born in the spring can have their own litter of kittens later in the year.
Mittens has another litter of kittens (3 female, 3 male), in fall. Those kittens will be too young to have a litter of kittens by the time the year is over.
A. How many kittens does Mittens have in one year? $\qquad$ $+$ $\qquad$ $=$ $\qquad$
Mittens' 3 daughters that were born in spring have their OWN litters of 6 kittens each.
B. How many kittens do Mittens' daughters have this year? $\qquad$ $x$ $\qquad$ $=$ $\qquad$
C. How many kittens altogether do Mittens and her daughters have this year?
$\qquad$ $+$ $\qquad$ = $\qquad$
D. Bonus Question: How many kittens would be born in year two?

Hint: it is like having 16 "Mama Mittens" in year two. $\qquad$

How can you stop it from "raining cats and dogs"?
Spay and neuter your pets - problem solved!

## Abandoned Family of Cats!



Write a news story about these abandoned cats. Remember the 5Ws (Who, What, Where, When, Why)


Cats that you see in the bush are not wild animals. They may be abandoned, stray, or feral cats. Abandoned cats are left behind by the family they love. Stray cats had a home but are lost. Feral cats have lived so long outside that they've become scared of humans. All these cats are community cats. They need us.

## Meet Your Match, and Save a Life!

Remember, when you adopt, you're a superhero. You save a life! Rescue groups help pets find forever homes with new adopted families. They want loving homes for loving pets, not just to make money like pet stores, puppy mills and backyard breeders.

Why do pets lose their homes? Rescue groups hear a lot of stories. "My dog is out of control." "My cat poops on the floor." "My new landlord doesn't allow pets." "I have too many pets." "They got too big." "I can't find homes for all the puppies." "They cost too much." "They're not cute anymore." Now that you know how to make a good forever home, choose a good match when it's time to adopt your next pet!



## It's Cool to Be Kind!

Write or draw about your kindness to others.
I am kind to people and animals when I...


What if you see a dog or cat in need? What if their ribs show and you know they're hungry? Or someone is being mean to them or abandoning them?
Or maybe you see a dog that is tied all of the time, lonely, sad and scared? Stay safe and don't try to help on your own! Tell an adult you trust.

They can talk to the police or someone else to get help.

## Colour and cut out these bookmarks.

o<cut out the bookmarks on dotted lines.


## 





How to Draw Cats and Dogs

$\square$



1. Help! Draw an animal in need. Cat in a tree? Dog falling through ice on a pond?
$\square$
2. You save the day! Draw a picture showing how you use your super powers to help.
3. Just in time! Draw your arrival on the scene to help. What do you say?
4. Happy ending! Draw the happy animal. Everyone is cheering! What do you say?

## Best Friends Forever Contract

Congratulations! You've learned all about being kind to dogs and cats. You know how to stay safe around the dogs and cats in your life.

Unscramble the words below and make a caring promise to your pets:

We will take care of $\qquad$ (names of pets).

We will give our pets everything they need for their whole lives.

$\bigcirc$


Warm place to $\qquad$
(6) Collar and ID

$\square$
Draw your pet or include a photo above.

$\qquad$ to learn good manners
RINTAGIN


Visits to the $\qquad$

$\qquad$ at home and outside ATESYF

Signed by the whole family:


# Teach My Person How to Love Me 

Visit www.lakesanimalfriendship.ca/songs/
to hear the tune of this song and sing along!
Chorus: Teach my person how to love me, Teach my person what I need. I'll be a faithful, furry friend forever, We can always be together, Teach my person how to love me.

They can be my Superhero,
Give me food and water,
A warm and cozy bed,
Where I can lay my head,
And I would love a place to run and play, Every day.

## Chorus

Well go to see the vet, Don't need to have a litter,


Shell give me all my shots, And 'though I cannot talk,
They'll learn to watch and listen every day,
And know if I'm okay.

## Chorus

We can be a family, Caring for each other,


Ill be waiting at the door,
No one could love them more,
They adopted me instead of buying new,
Friends forever true.

## Chorus

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