



Morning Checklist for Pets

Potty

To avoid accidents after holding it all night, get dogs out right away to potty! (They'll need to do this again before you go to work)

Beds & PottyPads

Check dog beds/blankets in case of overnight accidents. Toss outside till you get home (the bedding not the dog), put a fresh bed in place; you can worry about laundry when you get home or throw them in the washer and let it run while you're at work then put them in dryer when you get home (I do that). Big Lots or Goodwill is a great low cost place to buy extra beds/blankets.

Throw away soiled potty pads. Put 2 to 3 potty pads by door normally used to go out to potty. If they go unused, you can put them back out the next morning. If you can't find/order the ones with the sticky side down corners, use painters tape (blue masking tape) to tape corners down otherwise the pads will slip and slide when the dog tries to use them. At best this means the pads don't serve their purpose; at worst you could come home to a dog with an injury from falling.

Water

Empty water bowls, rinse with soapy water, and refill with fresh water. Hot today? Add some ice cubes. Fresh water encourages drinking, which is important for older animals who get dehydrated more easily especially if they are on heart meds, or diabetic; dehydration can be dangerous for these medical conditions – or any pet – and this can happen even when it's not hot out

Litter

Scoop litter! Use 4 gallon bags for waste to avoid clogging plumbing. Keep a pump hand sanitizer next to litter area to clean hands immediately.

Food

Ensure dry food bowls have enough for the day. Give treats and/or wet food. Put cat food on an elevated surface so dogs don't eat it all!

Medications

Set an alarm on your phone to avoid forgetting. Keep meds in an organizer bucket on the counter by your coffee maker, with dosage info/supplies – unless it's a med that has to be refrigerated. If so, put the box for that med in the bucket, and leave the bottle in the fridge (I do this with the antibiotics and insulin). If there are multiple pets and meds, I use a magnetized refrigerator door whiteboard so I can check off that it's given and not forget or double medicate (this can be especially dangerous with insulin and narcotics).

Fuzzy Kisses!

Get some loving! Even a couple of minutes of interaction will not only make them feel loved, but it will also lower your stress, blood pressure, and make you feel more positive.



Mid-Day Checklist for Pets

- For older dogs, you may need someone to check on them mid-day as they can often no longer hold it all day. Or you can use those potty pads mentioned in the morning checklist.
- Doggy doors only work if you don't have indoor only cats – or the cats would have to be shut in a room all day. If you do the latter ensure they have windows for light and viewing to avoid stress, toys, soft warm places to sleep, food, water, and litter.
- If someone is on meds three times a day, you may need to have someone stop by mid-day to give the meds.
- If you do setup a mid-day visit, or you are home, it's a good time to:
 - Handle that laundry
 - Potty break!
 - Get a quick dog walk
 - Give meds
 - Ensure water and food are still ok
 - Give out treats and get fuzzy kisses in return

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Evening Checklist for Pets

Potty

To avoid accidents after holding it all day, get dogs out right away to potty! (They'll need to do this again before you go to sleep).

Bed & PottyPad check

Check dog beds/blankets in case of accidents. Toss in washer with the ones outside from this morning. Throw away soiled potty pads away. Put fresh ones out in case you fall asleep before the bed time potty break!

Water

Empty and refill. Note: if you use the "sparkletts" style water dispensers, the basin may need to be rinsed daily due to food crumbs (one of my dog's is a messy eater) and litter buildup.

Litter

Scoop that poop! Helps avoid going outside the litter box and alerts you as to if someone is sick.

Food

Dinners, treats. For dogs, if there's any dry left from during day leave it out till mid-evening then take up to avoid them having to poop at 2am! For cats, top up dry food so they can graze throughout night after they finish their wet food, to avoid waking you at 2am cause they're hungry!

Medications

When that phone alarm goes off it's medication time! (See morning checklist for tips)

Walkies/Playtime

Walking the dog is helpful for all. Even older dogs with arthritis benefit by a short light walk to help keep those joints moving and muscles loose.

Couch Snuggles with Netflix binge watching

Get some snuggle/brushing/cuddle buddy time in to help you unwind and get sleepy!