



Banstead Village Veterinary Surgery

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Cats and Fireworks/other fear triggers

In past years we have grouped our cat and dog advice together. We feel that this is no longer appropriate as they react differently to fear.

So, welcome to our first cat edition!

Firstly, lets break down responses into categories,

- Fear – this is a normal response to any new situation, a coping and survival strategy
- Prolonged fear - this is an out of proportion response
- Anxiety – this is the anticipation of a fearful event
- Phobia - this is abnormal, immediate excessive fear

Fear in cats can sometimes go unrecognised!

Most cats flee when fearful. However, as we know, they are all individual and some cats seek comfort from you.

There are a number of measures that you can put in place in preparation for this firework season.

- Feliway diffusers and sprays are pheromone therapies that provide reassurance and calming messages to your cat (separate leaflets available on request)
- YuCALM Cat capsules, these are a supplement containing L-Tryptophan & Vit B6 which are the precursors to serotonin (separate leaflet available on request). We recommend giving YuCALM Cat for a minimum of 3 weeks initially with the best results seen in 8 weeks.
- Prepare hiding places in the home. Cats like elevated dens, such as a shelf, wardrobe top. Prepare these areas with blankets for comfort and hiding under and remove any potential hazards.
- Ensure that your cat microchip contact details are up to date.

During the firework season

- Lock the cat flap!
- Ensure that you have a litter tray prepared, possibly covered. Forgive any toileting accidents during this season.
- Ensure that your Feliway diffusers are refilled if running low, spray blankets with Feliway.
- Close the curtains to obscure the flashing lights and muffle the sound.
- Play calming music with a bit of a beat.
- Distract with food and toys
- Most important – Stay calm! Your cat will read your emotions.

Some cats may look for reassurance from you. If so, give it!

Do not force reassurance or restraint on your cat as the fear may lead to your cat to show aggression towards you as a means of escape!

If you would like any further information, to order any of the above products or to book an appointment please contact the surgery.

Dated 28/09/21