## New Year's Resolutions For Our Pets Daniel Estep, Ph.D. and Suzanne Hetts, Ph.D. www.AnimalBehaviorAssociates.com Copyright ABA, Inc.

With the new year almost here, we thought we'd share our thoughts about resolutions that we've made to make next year the best yet for our much loved animal family. Perhaps you will find some of these useful with your animals as well.

- **1. Find a store of unending patience for Ashley.** We've written about our young Dalmatian, Ashley, and her into-everything personality. She really is no different from any other dog she wants to have fun and receive attention from us. The way she goes about doing these things can be trying at times, but it never helps to lose our temper.
- **2. View Ashley's antics with more humor and less exasperation.** If Ashley were someone else's dog, we would probably laugh watching her antics a lot more than we do because she's ours. Her annoying habit of pawing at the back of our legs when we walk away from her in order to get our attention is really pretty funny when you think about it!
- **3. Appreciate every day we have with Tipper.** Our cat Tipper is 18 years old, in kidney failure and requires daily fluid supplements. She is doing amazingly well, but realistically she probably won't be with us next Christmas. We want to cherish the time we have been given with her.
- **4. Do something special each day for Tipper.** Because of her age and limited eyesight, Tipper spends lots of time sleeping. However, she loves to sit in the sunshine and be held and petted, and we resolve to make more time giving her some special time each day.
- **5. Take Buffett outside more.** Our young cat Buffett loves to explore his backyard, but can't be out unsupervised because he jumps the fence. We rarely take the time to take him outside, and he protests our inattention quite vocally. We'll make sure he gets more outside time next year.
- **6. Play more with Buffett.** Ashley has made it much more difficult for Buffett to play, because she ends up chasing him if he chases his toys. We'll give him more individual play time in '98.
- **7. Cuddle more with Mocha.** Our older Dalmatian, Mocha, loves to sit close and put his head in our laps. We've been so busy, we rarely sit down long enough for him to do this. We'll make some "couch potato" time next year for Mocha.
- **8. Do more outdoor activities**. Mocha and Ashley love to go on walks, hikes, bike rides, camping trips, and go skiing and snowshoeing. We do too, and we vow to make more time for these activities next year.

We hope 1998 brings good things to all our animal friends, and their people.