



# People Loving Animals

**Devoted to the Care, Health &  
Training of Dogs and Cats**

**I Donate 10% of my Earnings to Animal Charities!**

## 7 Simple Ways to Help a Clingy Pet Feel More Secure

Use this checklist to help your clingy dog or cat feel more confident, relaxed, and secure. These simple, loving strategies support your pet's emotional wellbeing and promote healthy independence.

1. Establish a predictable daily routine for feeding, walks, and playtime.
2. Create a cozy, dedicated space for your pet to rest where they feel safe.
3. Use interactive toys and treat puzzles to keep them occupied when you're busy.
4. Reward independent behavior with praise or treats.
5. Avoid making a big deal when you leave or come home - keep arrivals and departures calm.
6. Practice short periods of separation and gradually increase the time apart.
7. Consider calming aids like anxiety wraps, pheromone diffusers, or soothing music.

**Want more help with your pet? Visit**

**PeopleLovingAnimals.com**

**<https://peoplelovinganimals.com/category/pet-care/>**