

WINTER/SPRING
2024



VIRGINIA BEACH SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

PAWSITIVE PRESS

A Newsletter For Kids



**The Healing
Power of Pets**

Search & Find

**Pet Dental
Health**

The Healing Power of Pets

There are a lot of great things about pets. Furry friends are cute, fun to be around, and can even teach you things. But did you know that pets can also be good for your health? It doesn't matter if you have a dog, cat, or a small animal such as a rabbit or guinea pig - any animal can help you feel good!

Pets Help You Feel:

Happy

Think about how you feel when you spend time with your pet. You may get excited to see them when you get home from school or laugh when they do something silly. Doing simple things like petting your cat or playing with your dog can make you feel happy.

Calm

Sometimes you feel worried about things like taking a test or listening to a loud storm outside. Spending time with your pets is a great way to help you feel calm. The next time you feel anxious, take a break to hang out with your pet.

Less Lonely

We all can get a little lonely every now and then. The good news is that our pets are always home! The next time your friends can't hang out or the adults in your home are busy with work or chores, see if your pet wants to cuddle or play.

Not So Sad

Everyone feels sad sometimes. Your pet can cheer you up, especially if you do something together that gets you moving. Exercise, like going for a walk with your dog, is both good for your body and your mind!



Help Your Pet Feel Happy

You are an important part of keeping your pet happy as well! Animals communicate through their actions and body language. If your dog or cat approaches you for attention, they are ready to play! However, if your pet is sleeping or trying to hide, it's best to let them be until they want to spend time together.

Taking Care of Your Pet's Teeth

Dental Disease Is The #1 Illness Affecting Pets

You're probably used to being reminded to brush your teeth every morning and night. Taking care of your teeth and gums is important, and the same goes for your pets.

Dogs and Cats

Dogs and cats can't brush their teeth like you do, so they need extra help to stay healthy. Adults can actually brush your pet's teeth, but not all animals cooperate and you should never try to do that for them! For pets who don't get their teeth brushed regularly, they may be given special chews or treats to help keep their teeth clean.



Just like you go to the dentist, dogs and cats have their mouths checked out by their veterinarian each year. The doctor will decide if your pet needs a dental procedure. If so, they will give your pet special medicine to go to sleep while they clean their teeth and even take out any teeth that are causing your pet pain.

Small Animals

Animals like rabbits, guinea pigs, mice, and rats have teeth that never stop growing! Because of this, it is very important that they have things to chew on to help wear down their teeth. Below is a list of what each type of animal likes to chew.

Rabbits:

- Cardboard
- Chew sticks
- Shredded paper

Rats:

- Cardboard
- Hard dog biscuits
- Rawhide chews

Guinea Pigs:

- Cardboard
- Branches
- Twigs

Mice, Hamsters & Gerbils:

- Unpainted/untreated wood
- Hard dog biscuits
- Twigs



VBSPCA
Willow





Willow and her sister are playful kittens who received compassionate care at the VBSPCA.

Here's Looking at You, Kids!



The animals of the VBSPCA enjoyed a very special visit from young animal lovers in December. Nineteen children participated in a holiday edition of Tale for Two.

Kids met adoptable animals, listened to a festive story, made toys for shelter pets, and decorated cookies.

Tale for Two is held every Monday at the VBSPCA Shelter. Children ages 6-13 are invited to read a book to a shelter animal. Learn more and register at

vbspca.com/a-tale-for-two.

Upcoming Fun

The VBSPCA has activities you can enjoy at the shelter or at home! Here's a look at some of the fun things we have planned in the coming months:

Kids Night In

May 17th | August 16th | November 15th

Meet adoptable animals and enjoy food, games, crafts, and more!

Register at vbspca.com/kids-night-in

Virtual Activities

March - Make a Bunny Bookmark

April - Earth Day Bingo

May - Kindness Calendar

Visit vbspca.com/virtual-activities for fun things to do throughout the year!

SEARCH & FIND

20 HIDDEN OBJECTS IN THE PICTURE





VIRGINIA BEACH SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

3040 Holland Road
Virginia Beach, VA 23453
(757) 427-0070
vbspca.com

Thank you to our 2024 Humane Education Partner



TOWNE BANK
The Best Bankers. Hometown Banking.



VBSPCA.COM