

Help your dogs this bonfire night

Bonfire Night can be a stressful time for many dogs, with the loud bangs and intense colours causing increased anxiety for your beloved pet. Google searches for “no-noise fireworks” are up +550% in the past 7 days, highlighting as a nation of pet-lovers, we are looking to mitigate anxiety for our pets.

Nonetheless, there will be plenty of fireworks displays taking place come the 5th November so, to help create a calming environment for your pooch, [Silentnight](#) spokesperson, Sally Bonser, has shared some helpful tips.

Silentnight's range of dog beds uses the same sleep technology as in its human beds, complete with the same exceptional quality you'd expect in Silentnight products, ensuring your pooch has a comfortable, calming snooze this Bonfire Night.

1. Prepare your pooch before the evening

Ahead of the night, ensure to take your dog on a long walk to minimise increased energy in the evening and help induce tiredness. If they tend to get a burst of energy in the evening, take them out just before the fireworks begin to guarantee they feel tired at the correct time.

2. Prepare your home

Preparing your home to make your dog feel extra safe will help to reduce the impact of anxiety. Shut all curtains to minimise the flashing light and keep either the TV or radio on a suitable volume to cover any loud bangs from the fireworks. Lots of TV channels and radio stations offer ‘pet-friendly’ programmes on Bonfire Night with calming sounds or classical music to help keep them at ease.

3. Create a relaxing 'safe space'

Helping your dog to feel relaxed by creating a safe environment will help to reduce stress. The [Silentnight Calming Donut Pet Bed](#) is ideal for forming a peaceful sleep space. The super soft donut shape helps to appeal to your dog's natural nesting instinct, working to ease stress and anxiety levels.

Some dogs also benefit from being in their crate or an allocated 'safe space' that immediately makes them feel relaxed and protected. This could be a cosy corner of the room, behind the sofa, under a table or anywhere else that makes them feel secure. Add extra blankets over the top or around their safe space to make them feel extra cosy and soundproof the space further".

4. Distractions are key

Keeping your dog occupied will help to distract them for the fireworks; provide them with their favourite toys and treats that are long lasting to help them through the duration of the night. In addition to this, stay close to your dog and provide them with all of the love and support they need – certainly avoid leaving them alone at home as this could increase chances of stress or a feeling of abandonment.