



Dr. Sophia Yin, DVM, MS
Founder of CattleDog Publishing

The legacy of Dr. Sophia Yin's Low Stress Handling™ methods lives on through CattleDog Publishing. As a veterinarian, animal behaviorist, author, and inventor, she created publications and products that continue to educate and inspire new generations of animal care providers, trainers, and pet owners. Based in science, her methods are one of the most effective ways to reduce patient stress and anxiety. Look for continued publications and products as her teachings serve as a foundation for future development.

Cattle Dog Publishing
 &
Low Stress Handling® University
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What is the benefit of Low Stress Handling™ for my pet?

- The staff will recognize any stress early and take steps to reduce that fear through rewards, alternative handling techniques based on understanding the approach, and positioning that reduces stress or pain.
 - Rewards such as treats, petting, or a happy voice are used according to what helps your pet be less upset.
 - Pain relief is used early and careful consideration for use of table pads, towels, and special holds that decrease struggling.
 - Changes you don't see that matter:
 - Lower lighting
 - Separation of dogs and cats in the waiting area
 - Comfortable cages
 - Use of pheromones and other aids to reduce stress

What Does the Low Stress Handling™ Certified Logo Mean for My Pet?



Amanda Havens, LVT
 VA-MD College of Vet Med
 Veterinary Teaching Hospital -
 Small Animal Clinic
 Certified: March 2015

What is Low Stress Handling® Certification?

How does Low Stress Handling™ benefit me?

- Your dog will drag you into the veterinary clinic or grooming parlor, not out — it is easier to come in because all of the staff touching and greeting your pets are demonstrating the Low Stress Handling™ techniques from enter to exit.
- You can learn how to administer medication at home in a less stressful way from the skilled staff.
- Travel to the veterinary clinic is much easier when pets are happy to come in.
- Less worrying about how your pet will behave. You can trust the staff to accommodate what your pets needs for the least stressed exam.

How can I help more animals receive Low Stress care?

- Tell your friends about Low Stress Handling™ and invite them to look for Low Stress Handling™ Certified professionals and clinics.
- Promote your local Low Stress Handling™ Certified pet care professionals and clinics — they are saving lives and making pet care better for you, your pet(s), and their staff.
- If your local pet care professional or clinic is not Low Stress Handling™ Certified, invite them to learn more at LowStressHandling.com.

Can I use Low Stress Handling™ at home?

YES!!! Certified staff can demonstrate to you ways to give medications in a Low Stress way and give you a plan for your pet's home care.

Understanding how fear builds on the car ride or in the waiting area can help you take charge of decreasing those stressors by alerting the veterinary staff to what your pet does not like, stopping in for "happy visits," and using rewards yourself during travel or in care. Bringing your pet hungry for the rewards during care goes a long way to help your pet make that connection that handling can be low stress.



For more information how you can use Low Stress Handling™ at home, visit DrSophiaYin.com and read through the more than 400 blog articles and view the numerous videos demonstrating Low Stress Handling™ techniques.

Where can I find a Low Stress Handling Certified Professional or Clinic?

Look for the logo displayed on the front of this brochure at your local pet care business or visit DrSophiaYin.com/lsh/search to find one near you.

Where can I learn more?

For more information about the Low Stress Handling® Certification program or to find a Certified pet-care professional near you, please visit: LowStressHandling.com

For additional information and products about animal handling, restraint, or behavior modification by Dr. Sophia Yin, please visit: DrSophiaYin.com

For the Companion Animal Owners:

This logo signifies that the professionals caring for your pet have learned scientifically-based techniques to reduce stress in animals. They know how to hold a leash, offer treats, and reward animals to encourage them to willingly accept medical treatment. Force and struggle is no longer present and the person understands why this is so important for you, your pet(s), and their staff.

How is the care experience different? Now only one handler will guide your pet who willingly gets on the scale or examination table for care. Scratches, hissing, and growling are a thing of the past. Proper approach and touch can reduce the need for sedation medication in the office and at home.

Your pet will trust the handler giving you peace of mind with care providers. The Low Stress Handling™ logo says this person knows my pet and cares.

Dr. Sally J. Foote
 DVM, CABP-IAABC
 Executive Director of
 CattleDog Publishing
 Certified: October 2014

