

# NEWSLETTER

## THE SEASON OF SNUGGLES: WINTER HEALTH & SAFETY FOR YOUR PETS



### Welcome!

Winter has arrived in Melbourne, bringing chilly mornings, rainy days, and plenty of opportunities for extra cuddles with our pets. While many pets enjoy the cooler weather, winter can also bring seasonal challenges such as stiff joints, reduced activity, dry skin, and increased comfort needs.

This edition is filled with helpful winter care advice, wellness reminders, and simple tips to help keep your pets safe, comfortable, and happy all season long.

### Winter Coat Care

Winter weather can be tough on your pet's skin and coat. Cooler temperatures, dry air, indoor heating, and reduced humidity can all contribute to dry, flaky, or itchy skin during the colder months.

While some mild dryness can be common in winter, ongoing itchiness or irritation may indicate an underlying skin condition that requires treatment.

During winter, some pets may experience dry or flaky skin, dandruff, increased scratching or licking, dull coats, red or irritated skin, hair loss or thinning fur, or recurring ear infections

If your pet has pre-existing allergies or skin conditions, you may notice flare-ups during seasonal changes.

Here's how you can help your furry friend maintain a healthy coat and skin:

- Avoid overbathing, as this can dry out the skin
- Feed a balanced, high-quality diet
- Omega-3 supplements may help support skin health
- Continue flea prevention year-round

If your pet is constantly scratching, licking, or losing fur, it may be more than just dry skin.

Allergies, infections, and parasites can all cause skin irritation and may require treatment.



### Frosty Facts for Furry Friends

- ❄️ Cats & dogs can still become dehydrated during winter.
- ❄️ Fleas can survive indoors all year round.
- ❄️ Thick winter coats still require regular grooming to prevent matting and skin problems.

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## Winter Weight Watch

It's very common for both pets and owners to become less active during winter. Shorter days and colder mornings can lead to fewer walks, reduced playtime, and more indoor lounging, but maintaining regular exercise is still important for your pet's physical and mental wellbeing.

Regular activity helps maintain a healthy weight therefore preventing conditions such as arthritis, heart disease, and a reduced lifespan. Owners should also implement daily activity when at home to prevent destructive indoor behaviours.

Try some of these exercise alternatives when the weather isn't ideal:

- ❄️ Food puzzle toys & enrichment feeders
- ❄️ Climbing towers and interactive toys for cats
- ❄️ Training sessions to provide mental stimulation
- ❄️ Shorter but more frequent walks when possible

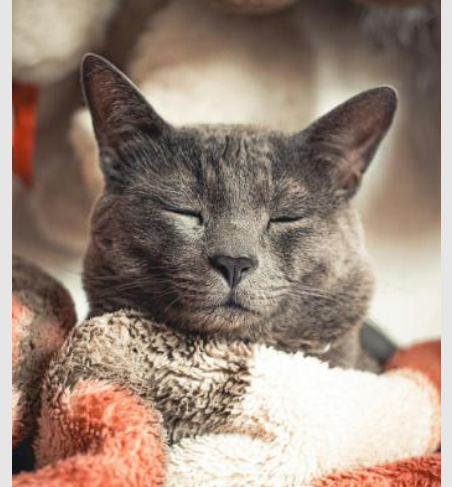
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At Hallam Park Animal Hospital, we offer **FREE Weight Assessment Consults** with our friendly nurses.

These appointments include a **weigh-in, body condition assessment, and diet & activity review**, helping us determine the right diet type and quantity to feed your pet so they can reach their ideal weight.

To find out more call us on 03 8786 3900 or book online via our website [hallamparkvet.com.au](https://hallamparkvet.com.au)

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## **Is your pet up to date?**

Do you know if your pet is up to date with their yearly vaccinations, parasite prevention, arthritis or allergy injections?

Call the clinic (03 8786 3900) to find out when your pet is due and book in an appointment!



Thank you for reading!

Our issues are now released seasonally, but if you'd like to keep up to date with us more regularly be sure to follow our social media accounts for a variety of content including key dates and operating hours, photobooth fun, and behind the scenes!



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