



Pawsome Pupsicles

HOME MADE PUPSICLE RECIPES FOR YOUR POOCH

BY DR BELINDA PARSONS BVSC

Rouse Hill
Family Vets



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FROZEN TREATS FOR YOUR PUPPERS



3 Pawsome Pupsicle Recipes

BY DR BELINDA PARSONS BVSC

Frozen pupsicles are a great way to cool off in hot weather. The sky is the limit when it comes to making these. The thing I love most about home made pupsicles is that they are easy to make, dogs love them and they can be easily adapted for dogs with allergies or special dietary requirements.

My boy's favourite pupsicles include diluted salt-free chicken stock plus some of their dry kibble and chopped up dehydrated chicken dog treats frozen in a small plastic bowl.

Sometimes I even freeze one end of a rope chew toy in their so they can drag it around the garden or I can hang it from a low lying tree branch for a bigger challenge.

The best thing about these pupsicles is that they are easy to make with dog food and snacks you already have at home.

Equipment list:

- Silicone Molds
- Freezer Safe Containers
- Jug
- Kong/Everlasting Treat Ball
- Licky Mat

We look forward to seeing your pawsome creations. Be sure to Tag us on Instagram @rousehillfamilyvets

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Number 1: Original Pupsicle

The Original Pupsicle - this is one of the easiest pupsicles to make and it uses your dogs favourite food and treats!

Ingredients

- Salt reduced chicken stock (free from onion & garlic)
- Kibble
- Treats

When it comes to making the original pupsicles the sky's the limit. Basically you can throw in any of your pet's favourite treats to make the pupsicle more attractive to them. I would avoid putting any raw or cooked meat in the pupsicle unless you are supervising your pet and you know they will be eating it right away.



Build your pupsicles

Step 1:

Adding a combination of kibble and treats share them out amongst the freezer molds. Make sure you only fill them up one third of the depth of the container.

Step 2:

Dilute the chicken stock 3 parts water to 1 part chicken stock

Step 3:

Add chicken stock into the molds filling up to 0.5cm from the top of the mold. The kibble and treats will generally float so expect to see them sitting at the top of the mold.

Step 4:

Place in the freezer until they are frozen, these molds took approximately 4 hours to freeze through.

Step 5:

Grab a pupsicle and send the pups outside to enjoy their frozen snack

Allergy friendly pupsicles

These pupsicles can be allergy friendly by simply:

- Substituting water for chicken stock
- Use the prescription food or treats that you know are safe for your pet



Number 2: Fruity Frozen Delights

Fruity Frozen Delights are great for dogs who prefer the sweeter things in life.

Ingredients

- Water
- Blueberries
- Peanut Butter
- Kibble
- Treats

Fruity frozen delights are easily adapted to your pooches preferences. Do they prefer carrots over blueberries? Cream cheese over Peanut butter? No problem simply swap the out.



Build your pupsicles

Step 1:

Adding a combination of fruit, kibble and treats share them out amongst the freezer molds. Make sure you only fill them up one third of the depth of the container.

Step 2:

Add 3-4 small spoonfuls of peanut butter on top of the mixture depending on the size of your container

Step 3:

Add water into the molds filling up to 0.5cm from the top of the mold. The fruit, kibble and treats will generally float so expect to see them sitting at the top of the mold.

Step 4:

Place in the freezer until they are frozen

Step 5:

Grab a pupsicle and send the pups outside to enjoy their frozen snack

Allergy friendly pupsicles

These pupsicles can be allergy friendly by simply:

- Substituting peanut butter for prescription wet food
- Use the prescription food or treats that you know are safe for your pet



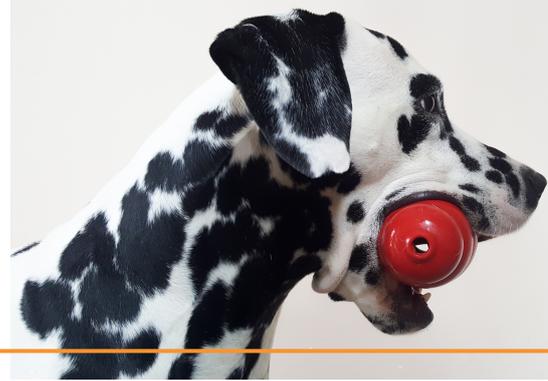
Number 3: Frozen Fun & Games

Using your dogs favourite frozen treat recipe we are going to up the ante and add toys and food dispensing toys!

Ingredients

- Good quality canned food
- Kong/Everlasting Treat Ball/Licky Mat
- Kibble
- Treats

When it comes assembling these frozen treats, the recipe is simple but the process is messy!



Build your pupsicles

Step 1:

Place canned food inside the kong or everlasting treat ball. Fill approximately one third of the way.

Step 2:

Add some of their favourite kibble or small dried treats as the middle layer

Step 3:

Fill the rest of the Kong or Everlasting treat ball with more canned food.

Step 4:

Place in the freezer until they are frozen, these molds took approximately 4 hours to freeze through.

Step 5:

Grab a pupsicle and send the pups outside to enjoy their frozen snack



Allergy friendly pupsicles

These pupsicles can be allergy friendly by simply:

- Use the prescription food or treats that you know are safe for your pet
- Using prescription canned food frozen inside the kong

Friendly Visits

Our fabulous team of nurses offer complementary Happy Visits where your pet is able to come into the clinic, have nothing bad happen, enjoy some treats, have their weight checked and head home happy.

We find happy visits help to reduce fear around vet visits for many of our patients. We know that unless we are proactive about making vet visits low stress our patients will go on to fear vet visits which has a negative impact on our ability to continue to care for them.



What makes Rouse Hill Family Vets different from traditional veterinary hospitals

We are committed to giving your pet the most "Fear Free" experience as possible. Almost all of our staff now are officially Fear Free certified, which is the course we base our business model on (Fear Free Pets).

So how are we different to most clinics?

- All of our consultations are half an hour (or longer), to give your pet enough time to feel comfortable, and ensure your visit isn't rushed.
- We do our best to get you straight into a consult room too, to help avoid waiting room run-ins with pets that may be anxious around other animals.
- All dogs are given an Adaptil© sprayed bandana, and our cat-only consult room is sprayed with Feliway© on arrival to utilise comforting pheromones during your pet's visit. We also have spray diffusers around the clinic to keep that pheromone-game strong!
- Unless when absolutely necessary (like in an emergency), we do not use forceful handling techniques on any animal. Cuddles and bribery with lots and lots of snacks is how we roll! We would rather re-schedule an appointment to when your pet is more comfortable, than force them into a situation that may make them become afraid of the vet!
- We will never "take your animal out the back" for treatments. All needles, blood draws, nail clips, ear cleans and other small procedures are done with the owner present, to minimise the anxiety caused by removing the animal from their person.
- For the bigger procedures, dentals and surgeries, there's no "morning drop-off" - we ask you to stick around with your pet while they get nice and sleepy, before taking them away for their operation. They will also never wake up alone in a cage - we find they come around much smoother waking up in a nurse's arms .
- We will not use medication as a "last resort" when treating an anxious pet. Drugs such as Gabapentin are happily prescribed as a pre-med before your consultation, to put your pet in a relaxed mindset when visiting the clinic.
- We are big advocates for "friendly visits" (coming in, for free, and being showered with love and nothing pointy), and desensitisation techniques - introducing our nervous patients slowly to scary things like blood tests!
- Even our scales are covered in fake grass to make them a little less scary

Book Online



About Rouse Hill Family Vets

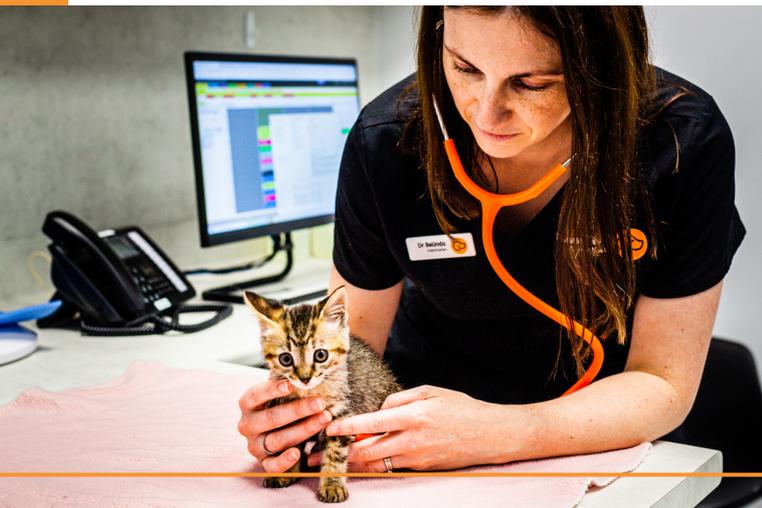
Circle of Life Petcare

Our driving force has always been to make a difference when it matters the most. Those moments include starting your puppy or kitten off on the right paw, providing preventative care treatments to avoid disease, helping you face a health crisis in your pet or providing a peaceful goodbye for your fur family at home surrounded by those who love them the most. From the beginning to the end of their life, we are with you every step of the way



Services

- Vaccinations
- Wellness visits
- Dentistry
- Desexing procedures
- Routine and more complex surgical procedures
- In house diagnostics including blood, urine and faecal tests, radiographs, blood pressure and ultrasound.
- Acupuncture
- Behavioural Consultations
- Dermatology/Allergy Care
- Preventative Care
- Senior Wellness Care
- Palliative Care
- End of Life Care
- In Home Euthanasia
- Nurse consultations



Clinic Hours

Monday: 9am - 6pm

Tuesday: 9am - 6pm

Wednesday: 9am - 6pm

Thursday: 9am - 6pm

Friday: 9am - 5pm

Saturday: 9am - 1pm

By Appointment

Book Online



Meet The Vets



Dr Belinda

Dr. Belinda Parsons is a veterinarian and certified veterinary acupuncturist. She is the owner of Rouse Hill Family Vets as well as on the Board of Directors of the Australia College of Veterinary Acupuncture. She has been a small animal veterinarian for over 13 years and has always been a passionate advocate for senior pet health care

She is an avid campaigner for Fear Free Veterinary Visits and is a Level 3 Certified Fear Free Practitioner. She understands that the emotional wellbeing of a patient is just as important as their physical wellbeing and proactively takes steps to reduce fear, anxiety, and stress in her patients.

Dr Nicole

Nicole graduated from Michigan State University in 2010. She has worked in the veterinary industry for over 20 years and began her career as a mixed (large and small) animal vet in the United States, then in Sydney for a short time, before switching to small animal practice. Most recently, before joining Rouse Hill Family Vets, she practiced as a locum around NSW.

Nicole enjoys all aspects of small animal general practice but is particularly passionate about dental health, fear-free visits, and aged pet well-being.



Dr Tanya

Tanya graduated from the University of Sydney in 2011. She has practiced in a number of small animal hospitals throughout Sydney before recently joining the team here at Rouse Hill Family Vets.

She thoroughly enjoys all facets of small animal practice with a special interest in dentistry, behaviour medicine and practicing with a fear free approach to reduce stress for all our patients.

Dr Karishma

Karishma graduated from the University of Sydney in 2007 with a bachelor of veterinary science honours. Karishma has been involved in the veterinary industry for over 15 years, working in large and small animal practice, university hospitals, and emergency/referral hospitals. She has worked in NSW, QLD, VIC, and WA.

The reason Karishma loves being a veterinarian is the human-animal bond, she also loves getting to know her clients (both furry and human). Karishma enjoys geriatric medicine, emergency and critical care, and soft tissue surgery.

