



Take advantage of the cool weather

The cold weather has finally set in and many of us see this as a time to slow down and stay indoors.

But this is a really great time to start exploring! Head north for a house sit and enjoy summer-like temperatures or discover some amazing natural wonders that will truly take the chill away.

So if you're planning on heading out for a winter adventure, then be sure to list your position for FREE online and check out many of our [available house and pet sitters](#).

Have the peace of mind that your pet and home will be cared for by a reliable and trustworthy house and pet sitter.

Mindahome Team

Interesting reads...



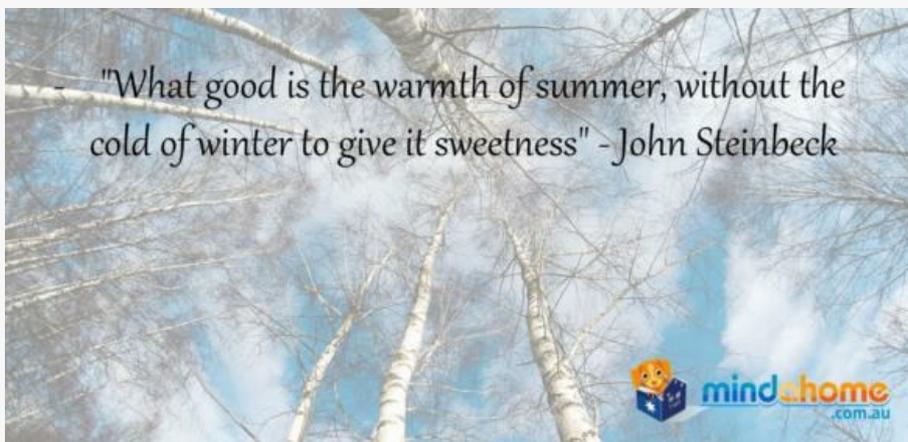
Where to go to escape the cold

If you're experiencing the winter blues then it may be time for a change of scenery to a place far from the cold. [More...](#)



See Sydney for free

Experiencing Sydney doesn't have to come with an expensive price tag. We've found loads of activities and sights to see that won't stretch your wallet. [More...](#)



What's on around the country...

- **Pet Fire Safety Day** (National, 15 July)
- **Regional Flavours** (QLD, 16-17 July)
- **Festival of Voices** (TAS, 30 June - 17 July)
- **Splendour in the Grass** (NSW, 22-24 July)
- **Garma Festival** (NT, 29 July - 1 August)
- **National Mutt Day** (National, 31 July)



Caring for pets

The recent freakish weather in Australia may have been a bit troublesome for pets. It is important that as pet carers, we understand and regularly monitor the behaviours of our pets to pick up any signs of unease or stress.

'Storm phobia' can affect dogs during storms and bad weather. Sometimes a loud thunder clap, flash of lightning or drop in the barometric pressure could trigger a canine reaction.

Canine carers are advised to look for signs such as pacing, dilated pupils and panting. It could be a good idea to bring your dog inside during the storm and setting up a dark room for them to relax.

Exposure to cold outdoor temperatures can also agitate other pet ailments, such as arthritis, so getting an insulated shelter that is both water and windproof is suggested, as well as keeping it raised off the ground to keep moisture out.

It's also important to keep up your pet's exercise during the winter months, so continue with your daily walks or runs and pick up the pace to really get the blood pumping!

We hope you have found **Mindahome House and Pet Sitting's e-news** informative and interesting.

If there is something you would like us to cover in the e-news or if you have some general feedback, feel free to email us at admin@mindahome.com.au .

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