



HESTER PETCARE

Travel without stress

YOUR GUIDE TO
A **PAWSOME**
IN-HOME SIT!



Hooray! You're off to chase new adventures, and have decided an in-home sitter as the best possible alternative to you. But how do you find the best fit and ensure everything goes smoothly? Here are some tips to help you along the way!

1. CHOOSE THE RIGHT SITTER



Ideally, you'd just clone yourself, wouldn't you? But since that's not quite an option, find someone who shares your vibe, values, and willingness to follow both your routine and your dog's. You need more than someone to toss kibble and give the odd walk—you want a sitter with patience and a knack for reading dogs. Look for someone who'll bond with your pooch, providing structure, attention, and reassurance.

Insist on a meet-and-greet; think of it as a first date for your dog and the sitter. Watch for calm interactions, no forced contact, and a relaxed vibe. Trust your gut and ask all the questions! What's their experience? What made them get into pet sitting? How much time will they actually spend with your dog? And don't hesitate to ask for references or even request a trial day—it's all about finding the right match for your peace of mind!

2. TAKE TIME FOR A THOROUGH BRIEFING



Before the sit, ask for a checklist to cover all the essentials and prevent any mid-holiday disruptions. Think of it as your dog's personal travel itinerary! This should include the daily routine, commands, quirks, fears, and preferences—plus essentials like food, poo bags, and emergency contacts. A good sitter will usually have this covered; I always send mine well in advance so there's time for questions or adjustments.

If you've put in the effort for loose-leash walking, a shared walk can make a world of difference. Take the sitter along for a stroll to show how you guide your pup, what commands you use, and how you navigate different situations. This lets the sitter "follow your lead" and helps ensure none of your hard-earned training goes to waste!

3. PREPARE YOUR POOCH



No matter how wonderful your sitter is, familiar smells, sounds, and routines help your pup feel at ease. Here are a few ways to keep them comfy:

- Leave favourite toys, treats, and chews around—chewing's a great stress reliever! Skip the new toys, though; unfamiliar 'surprises' can add to their anxiety.
- Let them have access to their usual spots in the house, and make sure there's a safe, quiet space (like their crate) where they can retreat when they need it.
- Stick to routines as much as possible before you leave. If they're not used to sleeping in a crate, it's best not to introduce one just days before the sit.
- Don't stress yourself and your pup out by trying to teach him "better behaviour" or new commands just before you leave. Your sitter will love him just the way he is!
- Playdates: If your dog has buddies he likes to hang out with, ask your sitter to arrange a playdate
- Share any quirky routines with the sitter! One of my pups, for instance, insisted on being tucked in with a lullaby. Yes, really—I just went with it!

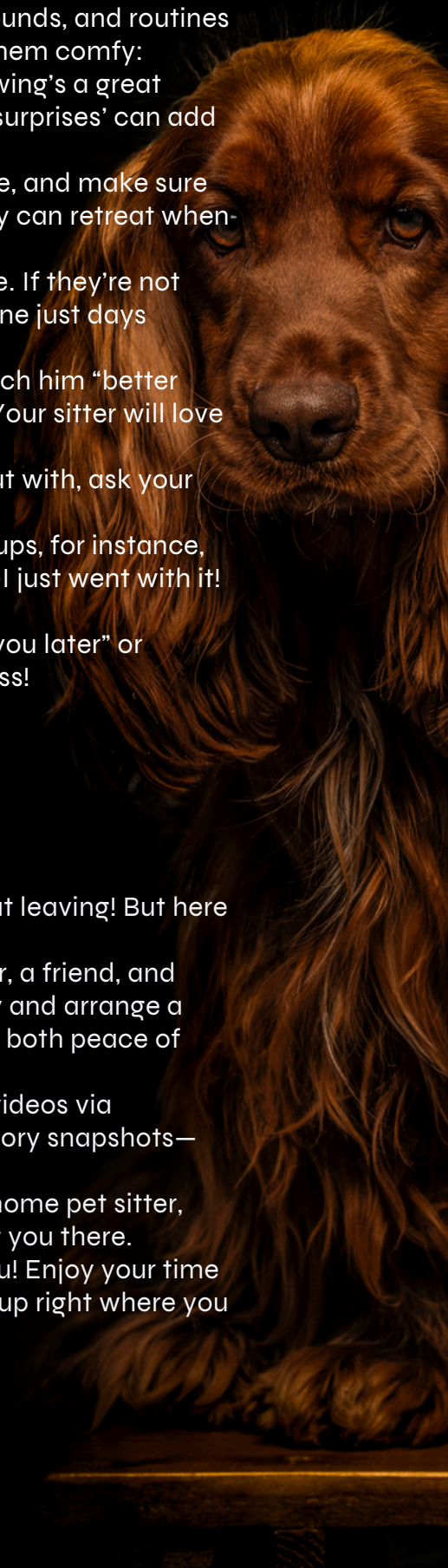
And when it's time to head off, keep it low-key. Say "see you later" or whatever you usually say, and off you go. No fuss, no stress!

4. PREPARE YOURSELF



Let's be honest, you'll probably be the most anxious about leaving! But here are a few tips to set yourself up for a smooth getaway:

- Leave emergency contacts for the sitter—a neighbour, a friend, and definitely your local vet. Inform the vet you'll be away and arrange a financial agreement upfront, just in case. It'll give you both peace of mind!
- Request regular updates from the sitter (photos and videos via WhatsApp are a hit!). My clients love these little memory snapshots—it's like getting postcards from your pup's 'holiday'!
- Be kind to yourself. You deserve a break! With an in-home pet sitter, you're giving your pooch the next best thing to having you there.
- And lastly, let go! Dogs live in the moment—so can you! Enjoy your time away, knowing you'll be recharged and ready to pick up right where you left off with your pup.



5. MAKE TIME FOR A DEBRIEF



A good debrief is invaluable! Go over what went well and discuss any tweaks you'd like for next time. Ask the sitter about any notable observations or effective strategies they found for your dog's specific quirks.

Your sitter may have experience with some of your pup's habits you'd like to adjust, so be open to their insights.

They may even surprise you with a new perspective on handling challenges—or just reassure you that you've raised a truly fantastic pup!

6. HOLD ON TO THAT SITTER!



Once you've had a great experience with a sitter, keep them close! Book your next trip in advance or ask them to save a tentative spot. No one likes change and using a trusted, familiar sitter reduces stress for both you and your dog the next time you're away. After all, who doesn't want to see a friendly face (and wagging tail) when they return?

WHO AM I?

A heartfelt, professional, and no-nonsense pet sitter who understands leaving your pooch is difficult! With a background in behavioural therapy, I connect authentically with your pup to understand their needs in the moment. Are you in Kent or East Sussex, and in desperate need of a break? I'd love to pop round for a no-obligation meet-and-greet to see if we're a match!



Contact/follow me here:

Insta: [petsitter.hester](#)

+32 476 216845

hester.regoort@gmail.com

