

Angelman syndrome (AS)

Pet Therapy

Pet therapy is a guided interaction between a person and a trained animal. It also involves the animal's handler. Pet therapy builds on the pre-existing human-animal bond. Interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect. This can help alleviate pain, reduce stress, and improve overall psychological state.

The benefits of [pet therapy](#) for children with special needs:

Defined objectives are an important part of therapy, and progress is recorded and tracked at structured sessions. The goals of a pet therapy program can include improving motor skills and joint movement, improving assisted or independent movement, increasing self-esteem, increasing verbal communication, developing social skills, increasing willingness to join in activities, improving interactions with others, and motivating a willingness to exercise.

Pet therapy can include interactive sessions with animals such as horses, dolphins or dogs. It is important to remember that animals that are encountered for the first time, can become unpredictable if something unusual occurs, such as if they become unintentionally hurt or suddenly startled. Other benefits of pet therapy include:

- making you happier, lessening depression, and improving your outlook on life
- decreasing loneliness and isolation by giving you a companion
- reducing boredom
- reducing anxiety because of its calming effects
- helping children learn empathetic and nurturing skills