

# Picking Up your Bunny

## Approaching a Rabbit

The safest initial approach with rabbits is to begin by stroking the top of the head. Do not offer your hand for a bunny to sniff the way you would to a dog, because most seem to find this gesture offensive and may attack (lightening-fast lunge with a snort). Most buns also do not like having the tips of their noses or chins touched. Their feet also tend to be ticklish. Bunnies should not be lifted by the ears or scruff.



1. In a kneeling position, pet with one hand, while sliding the other hand down bunny's side.
2. With your arm at bunny's side, slide it under his torso, while your (petting) hand moves toward his rump.
3. Support bunny's chest with your hand and his torso with your arm. Lift, while the other (unseen) hand supports the rump.



4. Once bunny is lifted, hug him securely against you with one arm, supporting his body and the other arm supporting his hindquarters.

Rabbits feel more secure when in a stable calm hold. They like feeling a firm footing especially under their hind feet. Knowing your rabbit "hates to be picked up," it is up to you to teach him to accept it. Here are the basics of lifting your rabbit.

Keep your hand on his head, or gently grasp his shoulders. Do not lift by the scruff. If he runs, don't grab him. Follow him, using babytalk to lighten the moment. Wait until he stops, and start again.

Kneel, and keeping your left hand on his head, bend your torso close to him. Place your right arm along his right side, and put your right hand under his chest. If he accepts this, take your left hand from his head and use it to support his groin. Otherwise, lift using your hand to support the chest, and your arm to support the side and hindquarters. Scoop him to you and hold him firmly there. The key to this method is to position the rabbit within a few inches of you. That way you will shorten the suspended-in-air stage.

#### Repete, s'il Vous Plait

The more you practice, the more confident you will be, and the more readily your rabbit will accept being lifted. If you repeat the above exercise several times in a row, setting bunny down immediately and rewarding him with a treat, his apprehension will decrease. (A rabbit I set down for the third time, ran back and butted me.)

#### Whirligigs and Welfare

Don't assume a rabbit in your arms is thinking of his own safety. If he is uncomfortable or impatient, getting dropped may seem the best escape. The trouble is, rabbits are fragile. Their skeletons are light compared to their bodies, and susceptible to trauma from falling, twisting, and kicking. If a rabbit you are lifting or carrying begins to struggle, you must overrule your impulse to let go, and hug the rabbit to you. Use your body as a splint. This will protect the rabbit and keep him from hurting you. It will also teach him his "drop me" strategy will not succeed.

#### Oh Boy, Freedom

When you are ready to return your rabbit to his area, he may want to hurry up the process and nose dive towards the ground or back of the cage. Prevent injury by squatting before you release him, turning him around, and setting him down facing you. Or cover his eyes with your hand. If he can't see freedom coming, he won't fly into space.

#### Mix and Match

The principles of lifting and handling your rabbit safely allow for several methods. The method you use will depend on the size and temperament of your rabbit, and what feels right. To expand your experience, volunteer at a foster home or shelter. If a knowledgeable human is available, ask permission or advice before handling a strange rabbit.

#### Bribes and Burrows

Rabbits are context smart. If bunny is lifted from cage to exercise area, lifting becomes a positive means to an end. On the other hand, if the only time bunny is lifted is when play time is over or he has to go to the vet, bunny may learn to flee. One solution is to reward him for traveling on his own feet. An open door, a nice stack of hay and some fresh veggies in the cage, versus a human determined to track him down and pick him up, is an easy choice for most rabbits. Rabbits can even learn to climb ramps to return to home base. In a similar way, some rabbits prefer to hop in a carrier rather than be handled. Is lifting necessary for the never confined house rabbit? For these independent individuals, lifting drills followed by treats, are the best insurance against the day grooming, travel, or medicating is needed.

#### Web resources:

House Rabbit Society

[www.rabbit.org](http://www.rabbit.org)