



Beggin' to Behave

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Calming signals are how dogs communicate with each other to:

Resolve conflict, calm themselves when fearful or stressed and to calm each other.

We can use Calming Signals in training and handling shy and reactive dogs.

Head Turns - a quick turn or a longer turn says 'calm down'
Approach in a curve instead of straight line towards the dog

Lip Licking -

dogs lick their noses but you may find this hard to do, so lick your lips instead



YAWN



Sniffing - dogs sniff the ground but you can just sniff the air

Other things you can do:

Turn your body sideways if you are doing an exercise he doesn't like

Freeze in place
Sit or **Lay Down**
Walk Slowly with slow movements



Don't hold or hug a dog tightly

Stroke the chest, under the chin, or ribs - rather than the head and face



Don't tighten up on the leash when approaching another dog or person, your dog will sense your tension and anxiety through the leash

If your dog is fearful of other people put yourself in between him and the other person to act as a buffer
