



Stress Signs:

Like humans, dogs exhibit stress in different ways. Some are more resilient to stress than others. Learning some basic signals can help you understand your dog better. Signs of stress in dogs can be shown by:

- Physical signs- Lip Licking, excessive drinking, excessive sniffing, lack of eye contact, inability to check in with handler, general avoidance, sweaty paw pads.

Stress can be genetic and based on past and present experiences.

What can increase stress?

- Lack of socialization
- Negative experiences with places, people and other dogs
- Lack of confidence
- Punishment
- New situations
- Illness/ medical issue
- Change
- A stressed owner

Ways to decrease stress in your dog:

- Building confidence- Positive training both group (if the dog is ready for this) and individual classes, positive experiences at your dogs pace to new and old things.
- Classical conditioning- Changing the way a dog views things, without giving any cues or commands. This simply means that in the presence of anything that makes a dog nervous we reward before they become nervous. For further details, please contact our behavior staff.
- Tools- DAP collar or calming collar, Rescue Remedy, Thundershirts or Anxiety Wraps, Harmonese, Shelter Blend oils by BlackWingFarms.com
- Last resort- prescription medication in conjunction with behavior modification
- Mental and physical exercise- Daily walks, Kongs, toy puzzles etc
- Use reward based training methods.
- Avoiding getting frustrated, take a deep breath or leave the room if needed.
- Teaching behaviors incompatible with undesirable ones. Dogs do not speak human! It is up to us to teach them what we expect.
- Structure and consistency.
- Using sound or lack of sound to soothe. Relaxing music, soundscapes, white noise machines.