

# Canine Kinship



## Fearful or Shy Dog training handout

### Stress signals:

Yawning: Quick yawns are a sign of stress & anxiety

Pinning ears back, crouching, shaking and fearful look in her eyes

**Understand what her signals are and try to remove her from a situation before she shows the sign of stress**

### Start socializing slowly:

- Go for on leash walks close to home 1-2 times a day for about 10 minutes until she seems comfortable. Give her a treat when you get home. Watch her body language, and look to see if her signs of stress are diminishing. Once comfortable then start walking her quiet locations, talking to her and let her observe people and dogs from a distance. Keep the walks short. If she starts to show signs of stress, go back to neighborhood walks and try again a week later.
- Change the locations with every walk and revisit her favorite walking places. Don't allow people to pet her yet as she needs to build trust and bond with you.
- If someone does approach, ask them to toss a piece of food on the ground and then ignore her
- Get her out into the real world, but start on the sidelines and work your way to the middle. In other words, take her out on locations, but do it for short periods and away from the crowds. Watch her body language and try to remove her before she starts to show sign of stress.

### Shy dog fundamentals

- Don't reward shy behavior. Reward behavior you want, so if she is calm in a new environment, then give her a food reward.
- Laugh a lot if she is spooked by something. If you coddle her every time she is stressed or scared, she will never be confident on her own.
- Make sure you are giving her non threatening greetings. Pet her from under the chin instead of over the top of the head.
- Don't stare at her and always use a soft expression
- Keep a regular routine and be consistent
- Give her plenty of daily exercise
- Give her a 'special' place in her home & a lot of praise.
- Desensitize her to touch by giving daily massages paired with food
- Patience!