



National Mill Dog Rescue™

# From Puppy Mill To Pet



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# Adopting A Puppy Mill Survivor

## **What you need to know...**

Adorable, small purebred dogs – just what you’re looking for? Puppy mill survivors are a different sort of animal. Please don’t let them fool you. Yes, they’re adorable and yes, most are small, but their past lives can leave them with a variety of unusual and difficult behaviors. However, with patience, time and lots of love, they do have the potential to become the wonderful companions they were meant to be.

## **What is a mill dog?**

A mill dog is a commercial breeding dog whose sole purpose in life is to repeatedly produce puppies to profit their owner. An adult mill dog spends its entire life in a small, overcrowded wire cage and is bred every six months until it can no longer produce puppies. During this time, these dogs receive very little human contact, minimal vet care if any at all, poor quality food and dirty water. Many are exposed to extremes in temperature, are often in horrifying coat condition and suffer from a variety of treatable diseases that lead anywhere from chronic discomfort to death. When these dogs are no longer profitable for their “owners”, most are destroyed.

All of this needs to be kept in mind when considering adopting a puppy mill survivor. Many are quite resilient and forgiving but there are almost always some challenges you will meet on their road to recovery. You need to be honest with yourself and honest with us about your expectations. You must have immeasurable reserves of love, patience and time. These dogs have already been through more than their share of heartache and it is our greatest goal and responsibility to find each of these very special dogs the most suitable, loving forever home.

The ideal family for most puppy mill survivors will have a fenced yard, another well socialized dog, kind and patient adults and no young children. Other well-socialized dogs are a mill dogs' best educator, far better than we can ever be. The following are some of the most common and difficult behaviors we see with puppy mill survivors.

## Puppy Mill Survivor Behaviors

As society grows more conscious of animal abuse and neglect, we read nearly every day about a puppy mill being closed down and the animals confiscated. Many times these animals are in deplorable physical condition:



parasite-ridden, underweight, bred nearly to death. Most have rarely been out of their small, cramped cages. They may have eye infections, missing orbs or vision impairment caused by ammonia from urine-soaked quarters. Some have torn, deformed ears and missing limbs from cage aggression. Females may have hernias from painful, extended labor. Their toes may be splayed from walking on wire floors. Many



have tattooed ears. Some have numbers hung around their necks on chains that have grown into their flesh. Their dental state is invariably horrible; most will have painful, infected teeth and gums, some resulting in systemic infections.

These are animals who've endured years of torture to make money for uncaring humans.

When a reputable rescuer gets her hands on a puppy mill survivor, providing medical attention is just the beginning. The physical damage can be staggering. The psychological damage is much worse.

It takes a very special adopter to accept and love a puppy mill survivor. Rehabilitation of the puppy mill survivor begins with rescue, but can only be completed by a committed, loving family. The purpose of this article is to help demystify some of the acquired behaviors of the puppy mill dog, and to let the adopter know what to expect.

**FEAR:** Due to a grave lack of socialization, mill dogs can be very fearful of humans. Many are more fearful of men, some of women, many of children. These dogs can spook VERY easily and are often frightened by sudden moves, loud noises, and sometimes even the touch of a hand. Mill dogs who appear to be fairly social can be spooked by everyday things that we and our other dogs are completely used to – leashes, a falling leaf, a TV, a vacuum cleaner, a dishwasher, a car driving by, strangers; virtually anything can set off a mill dog. Their response to fear is to bolt and they are very difficult to catch when they are so frightened. A securely fenced yard is extremely important, as a loose mill dog will most often result in its death. Keep in mind, they know nothing about the dangers of traffic, nothing about survival and they will not wander up to a neighbor for help. Your entire family must be TOTALLY committed to the safety and rehabilitation of your dog. This process takes time and our first rule of thumb is to always keep your dog in a secure environment.

**FEAR OF BEING TOUCHED:** The only time most mill dogs are removed from their cages, it's a painful experience. The dog may be grabbed by the first reachable part of its body: tail, leg, scruff, ears. This takes lots of patience and non-threatening touches to overcome.

You may have to lie on the floor face down with your eyes averted to get the dog to approach you at all. Let him come

near you and sniff. It may take an hour, or days for this to happen. You can sometimes begin by holding the dog, petting him gently for a few seconds, speaking softly, then place him carefully down. Let him know you do not wish to restrain him. Lengthen the time for this ritual each day. Never raise your voice, clap your hands, or allow loud noises in the home during this adjustment period. You must strive to create a totally non-threatening environment. Behave as submissively as possible. Build trust slowly.

**AVERSION TO EYE CONTACT:** Many puppy mill survivors refuse to make eye contact with humans. This indicates fearful submission which decreases as the dog comes to realize he will not be harmed by you and begins to trust. Talking to your dog in a soft, calm voice helps speed the process. A dog may not speak English, but the gentle tone of your voice and the fact that he is the focus of your concern will be understood.

**"I'M AFRAID OF MY FOOD":** Anytime the cage door is opened on a mill dog, fear is the response, because an evil human is behind it. Of course, the cage door must be opened to insert a bowl of food, which may also be used to entice the dog within reach. It's not unusual to see your puppy mill survivor run in the opposite direction when you sit dinner on the floor. Turn your back and walk away until the dog feels "safe" enough to eat. Let him eat undisturbed.

**MARKING / HOUSETRAINING:** No puppy mill survivor comes housetrained. Some never grasp the finer points. Most males will mark, and many females, too. Crates are useful in housetraining. Belly bands (a cloth band which wraps around male dogs covering the ureter) will help prevent marking. Nicely fitted doggie diapers are available from Foster and Smith. Human diapers can also be used - just cut a hole for the tail. Put your dog on a schedule. Take him outside first thing in the morning, at lunchtime whenever possible, after dinner, before bedtime. If you see him lift his leg in the house, a shaker can (jar filled with small pebbles) or clicker can distract him long enough for you to get him outside.



Never raise your voice. Never hit a dog. Take him outside and reinforce by saying, "Potty outside", or something similar. Use positive reinforcement when the dog does his business outside..."Good boy! Potty outside! Good, good boy!" Lots of petting must follow. : ) Confined for years in cages, mill dogs are forced to live in their own waste, which can make housetraining a challenge for them. In addition to consistency and vigilance, most often, another well-trained dog is the best medicine for this problem. Housetraining an adult mill dog is much like housetraining a puppy - constant observation, frequent trips outside and rewards for proper elimination. Dogs by nature are clean animals and most mill dogs are very successful at housetraining.

**FLIGHT RISK:** All puppy mill survivors are high flight risks. Never take your dog outside a securely fenced yard until you are thoroughly bonded. Then if you take your dog outside the fence, double-check to be sure harness is secure enough. I sometimes use a collar and harness, then run the lead from the collar through the harness for extra safety. If a mill dog gets loose outside a secured area, he will likely run until he drops; catching him will be quite a feat. Prevention is by far the best policy.

**COPROPHAGY:** Gross as it is (eating their feces), this is a fairly common problem for mill dogs. There are several thoughts behind why they do this – none of which makes it any less disgusting. Some believe due to the poor diets they eat in the mill, their bodies are searching for additional nutrients. Some say it's the only way they can keep their small living environment clean and others believe they are so used to cleaning up after their puppies, that it's purely habit. Whatever the case, it's gross, potentially unhealthy and unfortunately, difficult to break. Once properly nourished, some will stop on their own, but many will not. The best way to stop this problem is to prevent the opportunity as much as possible. Keep the poop picked up daily and quickly.

Stool-eating is common in puppy mill survivors. There is much contention as to the cause. However, most rescuers feel it is

a learned behavior. Again, prevention is the best policy. Pick up the yard frequently. Some mill dogs stop this behavior over time.

**FEAR OF WATER:** Many puppy mill survivors are frightened of water hoses. Puppy millers generally don't bother removing the dogs before hosing down their cages. I have known adopters whose puppy mill survivors have become well-acclimated to homes, families and leashed walks only to have the dog bolt when they chanced by a neighbor watering his lawn.

**FEAR BITING:** Fear biting is more common in abuse cases than in puppy mill survivors, but we do see it occasionally. 90% of all dogs who bite do so out of fear. Puppy mill survivors, like feral dogs, usually cower in the presence of humans. Fear biting can frequently be overcome with proper training and commitment, but it generally requires a professional animal behaviorist, not to mention a strong commitment from the adoptive family. Sadly, because of both the enormity of the canine overpopulation problem and the abundance of more easily salvageable dogs, most fear biters are euthanized.

**HOUSEHOLD LIFE:** Mill dogs know nothing about the comforts of a home. You may lay out a nice fluffy blanket and the dog will look at it and go lay on the hard floor. In time though, they will all learn to appreciate the finer things in life! However, a couple of potential dangers to be aware of: mill dogs have never walked on stairs. Some will go right at them and tumble all the way down. They must be taught how to do stairs safely. This can be frustrating if your home has many stairs but they will learn with patience. Using food treats to coax them will help. Never pull them up or down – that will only terrify them even more. Most will learn to go up first, a little longer to go down. Never put an unattended mill dog up on anything (couch, bed) that it was not able to jump up on itself.

Many are quite fearful of going through an open door past a

person because in their former lives, many had their heads or bodies slammed in doorways for trying to escape. You will need to open the door wide and stand behind it so that they feel safe. To get them to go through a doorway, you may need to stand a distance beyond it to get them to follow.

These dogs can spook easily and can be frightened by sudden moves, loud noises, and sometimes even the touch of a hand.

**Emotional Issues.** In their earlier existence in the puppy mill, human beings were not to be trusted, rather they were to be feared. Accordingly, it will take time for your puppy mill rescue to feel secure with you. Do not be lulled into a false sense of security because your puppy mill rescue no longer trembles when you pick him up. Just because you love him does not mean that he understands it. Accordingly, every precaution should be taken to ensure he is always in a secure environment.

They can go from being very frightened to becoming totally dependent upon you in a very short period of time. They may attach themselves to one person in the home and become their protector, not permitting anyone near that person. They are often quite fearful of men.

**EATING:** Living in tight confinement with other dogs required competing for food and sometimes never getting enough to eat. This can lead some mill dogs to be food aggressive or have very strange behaviors about eating. Some will take one kibble at a time and hide to eat it – a good sign that every time they ate in the cage, they got beat up. Others are food aggressive and should be fed in their own safe place. Some mill dogs will push all the food out of their bowls and scatter it around to eat it. Others will urinate in their food bowl, claiming it as their own. Most unusual behaviors around food do go away with time.

**LEASH TRAINING:** Taking our dogs for a walk is the most common and enjoyable way to spend time with them.

However, many mill dogs' feet have never touched the ground and they have certainly never been on leash. That feeling of restraint on the end of a leash is terrifying to most puppy mill survivors. Leash training should be gradual, requires much patience and should ALWAYS be done in a securely fenced area. You will be astounded at the antics a mill dog may provide when afraid on a leash, to include the possibility of fear biting, even for the sweetest little dog! We cannot stress enough that if a mill dog gets away from you outside a secure area, the outcome is very rarely positive. Very few who have escaped have ever been found. This is a devastating result for all involved, especially the dog who was finally given a chance at the life he/she always deserved. Leash walking with another confident dog is very helpful but stay in the secure area far beyond the time that seems necessary – perhaps for many months.

**COLLARS/HARNESES:** Absolutely ALWAYS keep current ID tags on your dog's collar. Puppymill rescues have the uncanny ability, if frightened, to buck and squeeze out of normal collars and bolt. If outside in an unsecured area, this may result in your dog getting loose. If the puppymill rescue gets away from you, he will starve before approaching another human being for food or shelter. Note that very few who have escaped have ever been caught. However, never use a regular buckle or snap collar to attach your leash to. No matter how tight, they WILL slip out of a regular collar if frightened. Unfortunately, a harness is not the answer. In three or four more moves, a frightened mill dog is also out of a harness. We have seen it many times. You must invest in a collar, leash or harness that tightens when the dog pulls - martingale collars, cinch leashes, or a cinching harnesses are best. There are many websites that sell these kinds of products as well as your local pet supply store.

Although much of this information seems daunting, with patience and lots of love a puppy mill survivor is undoubtedly the most appreciative companion you will ever know. When the healing begins and that little mill dog is following you everywhere, you will be forever grateful that you took the

time and effort to give one of these very special and deserving dogs a place to call home.

For more detailed info/advice visit:

[www.anewstartonlife.com/pupmymill.htm](http://www.anewstartonlife.com/pupmymill.htm)

These are a few of the most common puppymill survivor behaviors and suggestions for working with them. Working with a puppymill survivor is not an easy undertaking. But for those of us who have witnessed the miracle of these frightened beings growing to love and trust, to play with toys for the first time, to learn to take soft beds and good food for granted, it is one of the most joyful and rewarding experiences of our lives.

**The puppymill survivor who ventures to trust a human being despite a history of cruelty and neglect is a triumph of the spirit from which we can all learn.**

## Puppy Mill Survivor Tips

**HOLDING THE DOGS:** Our very first inclination when we see a frightened animal is to pick it up and comfort it. This can be very frightening to a puppy mill survivor, as most have only been handled for unpleasant things to be done to them. Being up off the ground is a very unsure place for them – some will do their best to get away, others will “doggie paddle” with their feet. Start by laying down on their level and get them used to being petted and held close to the ground. Until the dog knows you and feels secure, don’t pet the head or neck. These dogs have always been grabbed, held and carried by their “scruff” and this can trigger a very fearful response. Always hold the dog close to you and pet its back as that gives them the greatest sense of security.

**DO NOT CHASE:** When you first adopt a puppy mill survivor, he may be fearful of your approach. DO NOT chase him or you may undo any trust that he has in you. Until he knows you and is not fearful of your approach, it is best to leave a lightweight leash on him when supervised. NEVER leave the leash attached when unsupervised. With the leash attached, you can far more easily catch the dog by grabbing the leash as he goes by without any apparent chasing. Do not drag the dog toward you, simply use the leash to keep him taut as you approach. Talk softly, have yummy treat in hand.

- Please keep in mind that a dogs’ behavior is affected by his or her surroundings. A kennel is a very stressful environment. The behaviors a dog exhibits in the kennel may not necessarily be exhibited in a home environment.
- Dogs are creatures of habit, change; even change for the better takes time. Entering a new home is yet another change to the dog. Fearful dogs often have a strong drive to “flee”. The dog should never be off-

leash or unsupervised in the yard. His new owners will have to be patient and not overwhelm the dog with physical displays of affection. Once he feels secure in his new home he could benefit from learning basic obedience and other confidence building exercises. Please refer to the enclosed recommendations.

## Approaching a Fearful Dog

Lack of socialization to people and the outside world can cause a dog to be fearful. Things that are unknown to them become threatening. When faced with this threat, some dogs will choose to run from or avoid the situation, while others will defend themselves.

If the dog runs right up to you, jumps into your arms and rubs all over you in a relaxed way, he is giving you permission to enter his personal space. This dog can be handled as you would any dog in the kennel.

Many may be reluctant to have you approach; there are a few things that you should keep in mind if the dog or puppy seems tentative about you approaching (stiff body language, tense muzzle, gaze shifting back and forth, desperately attempting to flee, excessive panting).

- Always approach with the side of your body facing them and your eyes averted.
- Never approach their personal space with your face or body facing them. Do not make eye contact. You want it to seem that you have no interest in them. The worst thing you could possibly do is bend down with your face toward them and start staring at and talking to them.
- Lick your lips, this tells the dog you are not a threat.
- Try not to be tense or stiff.
- If the dog allows, gently massage the ear by the ear canal (where the jaws meet) to build trust. Almost all dogs love this feeling. You can massage an ear while approaching from the side as stated above.



- Let the dog sniff the leash before gently looping it over the dog's head.
- If you are going to lift or carry the dog: while you are petting the dog, gently slide your hand under the dogs' body. Be sure to support both ends of the dog and hold it close to your body but away from your face.

Fearful dogs often have a strong drive to "flee". Care should be taken to ensure that the dog does not "dart out" opened doors.

If you are having difficulty handling the dog, call a trainer.

## Preventing Door Escapes

- A leash should initially be on inside at all times when you are home to provide access without startling the dog.
- Your dog should always be on a leash when not in a confined area in the house. The dog should always be supervised when in a fenced yard and the leash should initially be attached to the dog's collar for easy access until you know the dog is acclimated and trustworthy.
- Teach the dog to "wait" at the door. Wait is different than stay. Stay means to stay in one spot in one position, wait simply means "don't follow".
- Wait: In order for a dog to understand what a word means you need to connect the word to the dogs' action.
- When you go to open a door the dog is typically there waiting for you to open it. Have a soft or small treat available. You should be closer to the door than the dog is. For extra safety, stand on the tether that should be attached to the dog's collar without applying pressure. Be sure to use the movement of the door as a training tool not the tether. Say, "wait" and give the dog a treat as you slowly start to open the door. If the dog goes to run out the door make a sharp noise like "eh" and close the door in his face (not on him). Wait a second and the dog will be waiting again. Repeat the above. You want to be able to open the door wide enough for the dog to get through while he continues to wait for the command to "go through". As the pack leader you should always go through the door first and then tell the dog to "go through".
- This exercise requires no obedience training, just persistence. You are using the door as a training tool.

This exercise teaches the dog to wait at doors and to only go out when given the command to “go through”.

- Be sure the dog is accustomed to a leash in a confined area before taking him for a walk. Fearful dogs should wear a properly fitted harness to avoid escape. You may also noose the leash around the dog’s neck before clipping it to the collar to provide backup should the collar come off.

## Escape Prevention Strategies

Fenced yards should be regularly checked to make certain that they continue to be secure. Family members must be educated about house doors being open to the outside. Dogs being transferred from house to car or car to car should be on a leash and the leash should be secured to the person doing the transfer.

The loop of the leash should be around the wrist and in the hand of the person responsible for the dog.

Dogs should always be wearing current ID tags including NMDR, rabies, and with information of the foster/adoptive parents.

Small dogs can wear a cat bell on their collar (helps locate them if they escape). Dogs should be wearing Martingale collars.

Dogs should not be walked outside a secure area until they are comfortable with their caregivers and with being on a leash.

Dogs walked after 3:00pm in the winter and 7:00pm in the summer should be wearing a continuously blinking red light on their collars. Dog walkers should always have a flashlight at these times.

Maintain a current color photograph of the dog in the foster/adoptive family computer and at NMDR. Write a description of your dog noting all identifying characteristics in case you need it.

## Undersocialized Dogs at Home

It may not be possible to change the way a dog feels in a specific situation but it is possible through obedience training to change the way the dog behaves in that situation.

**Signs of Fear:** A fearful dog may display submissive body language such as his tail tucked between his legs, his head down with ears held flat and will avoid eye contact. They may urinate submissively or lose control over their bowels and bladder. Yawning, panting or salivating can all be signs of stress. Some dogs will bark or growl. Some will “freeze”; others will try to escape. They all must be handled with gentle guidance and patience. Fearful dogs often have a strong desire to “flee”..

**Treatment:** Do not over compensate with excessive attention. “ Less is more”. Let him become curious about you. Care should be taken to ensure the dog cannot slip out of the collar or harness being used when walking outdoors.

**Maintain a consistent schedule** - Feed, take out for housebreaking, walk for socialization and play at the same times every day.

**Obedience Training** and structure to build confidence (see “Establishing Dominance to Establish Stability)

**Desensitization:** Gradually exposing the dog to low levels of the fear inducing stimulus and praising for calm appropriate behavior. Reward with extra special treats and couple them with a specific sound such as a clicker or a specific word like “yes”. This way you can eventually praise the dog for acting appropriately even without the treat or from a distance. It is important to gradually increase the exposure to the fearful stimuli. The dog should not become fearful during these exercises. You want to give the dog the opportunity to act

appropriately in the situation. Reward the dog at the end of each exercise by taking him away from the stimulus. Gradually get closer with each exercise.

**Counter-conditioning:-Use a Jolly Jingle:** Establish a jingle you sing or whistle to the dog whenever you are playing and he is happy. Once a positive association is formed, sing this when in the company of a fear-inducing stimulus. This is the equivalent of the affect the ice cream man has on a child crying. The child knows something good is coming and stops crying.

**Practice Obedience:** While at a comfortable distance from the stimuli practice obedience using treats and positive methods. This will cause the dog to focus on the task required of him. Do not use leash corrections or punishment. You will know if the dog is at a comfortable distance by his body language and whether or not he will take treats. Dogs do not typically eat when stressed. Never scold the dog in the company of the fearful stimulus. Be patient. Never force a dog into a fearful situation.

If the dog is fearful toward a person in your house (typically the man of the house), that person needs to become the primary care giver. They should feed and walk the dog with as little interaction as possible. The rest of the family should ignore the dog. Being a social animal he will seek the attention of the person with the most interaction with him- the caregiver.

## Establishing Dominance

*Asserting dominance:* Dogs often go through major changes in their lives. Their homes, families, and even names can change. The one constant in their lives is the social structure by which they live. Dogs are pack animals that live by a social hierarchy. When a dog enters a new home he is looking for that structure. This structure may be the only source of comfort for a frightened dog to cling to. It is important for obedience and stability that the dog sees all the people in the family as dominant over him. If the dog does not see the owners as authority figures, he has no reason to listen to them. If there is inconsistent behavior on the part of the family, the dog's behavior will also be inconsistent. If there is no clear pack leader, the dog will assume the role in order to ensure the integrity of the pack. The following will help you and your family to establish yourselves as authority figures.

### **KEEP A TETHER ON THE DOG AT ALL TIMES WHEN YOU ARE HOME**

*Do not allow the dog on the furniture:* If the dog is on your bed or on your couch with you, eating popcorn and watching TV, he is your equal and not your subordinate. To correct this, keep a tether attached to the dogs collar when you are home. (A tether is a 4-6 foot long cotton rope that you attach to the dogs collar to hold or grab when necessary instead of grabbing the dog.) This provides you with control over the dog until you can establish control with your voice. If the dog gets onto the furniture, use the tether to direct him to the appropriate bed. When initially introducing it to the dog, it may be necessary to soak the rope in regular flavored Listerine to deter chewing. It is also a good idea to first introduce the tether along with the regular leash and take the dog out as a distraction. Have a special bone on hand to further distract the dog from chewing. A tether is

lighter than a leash so the dog feels although he is free. Cotton is absorbent (for the Listerine) and less likely to hurt your hands. The tether can gradually be made shorter by cutting it as you begin to gain control of the dog with your voice.

*You go through the door first:* Teach him to "wait" at the door. "Wait" is different from "stay", which means to remain in one spot in one position. "Wait" simply means don't follow. When the dog is waiting for you to open the door say "wait", praise and give a treat. Control the dog by using the door. Open it slowly. If the dog goes to move say "NO" and close the door (not on the dog). When the dog is waiting again, repeat the above. As soon as the dog seems to be cooperating, open the door, treat him for waiting, and give him a command such as "let's go" if you are going with him, or "Go" if you are letting him out. The dog will soon learn that he does not go out unless he waits and is given a command.

*The pack leader is the first to eat: gesture feed:* The pack leader owns the food and is the first to eat. Stand in front of the dog holding his bowl of food. Eat a cracker as though you are eating from the bowl. When you are finished have him sit and give him the food. Pick up the food as soon as the dog walks away. Food should never be left down. Whoever feeds the dog moves up a few notches in the hierarchy of the pack. This can be a useful way of empowering someone who's dominance is questionable.



# Kids & Dogs

<http://info.drSophiaYin.com/download-free-poster-how-kids-and-pets-should-not-interact/>

## How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

<p>Avoid taking people's food</p> 	<p>Avoid bothering dogs when they are eating</p> 
<p>Avoid stealing other people's toys</p> 	<p>Avoid taking a dog's bones or toys</p> 
<p>Avoid putting your face right up to someone else's face</p> 	<p>Avoid putting your face right up to a dog's face</p> 
<p>Avoid bothering when asleep</p> 	<p>Avoid bothering animals when they are resting. Let sleeping dogs lie.</p> 
<p>Avoid pestering</p> 	<p>Avoid grabbing tail/ears</p> 
<p>Avoid climbing on or trampling</p> 	<p>Avoid climbing on or trampling</p> 
<p>Avoid pinching</p> 	<p>Avoid hugging. Most dogs dislike it.</p> 
<p>Avoid screaming around</p> 	<p>Avoid hollering and shouting. Use your "inside" voice instead.</p> 

**Dr. Sophia Yin, DVM, MS**

*The Art and Science of Animal Behavior*

For additional free dog bite prevention resources and more dog behavior books and products, visit [www.drSophiaYin.com](http://www.drSophiaYin.com).



# How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious

Play appropriate games with pets, such as:

Fetch



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



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# How to Greet a Dog (and What to Avoid)

Appropriate greetings are common sense. Imagine if someone greeted you the way many people greet dogs!

Human to Human INCORRECT	Human to Dog INCORRECT	Human to Dog CORRECT
 <p>Avoid reaching into their safety zone.</p>	 <p>Avoid reaching in or touching the dog's eye.</p>	 <p>Stand a safe distance away so that you are not a threat.</p>
 <p>Avoid making up.</p>	 <p>Avoid making up.</p>	 <p>Approach slowly (at a relaxed walk).</p>
 <p>Avoid interactions without asking.</p>	 <p>Avoid interacting with unknown dogs, especially if they're tied up.</p>	 <p>Ask: if you can interact first.</p>
 <p>Avoid staring at people. This is scary.</p>	 <p>Avoid staring at the dog or approaching head on.</p>	 <p>Approach sideways and look away from the dog's eyes.</p>
 <p>Avoid leaning over.</p>	 <p>Avoid leaning over or reaching dogs over when you change position to squat or get up.</p>	 <p>Stay outside the dog's bubble and present your side to the dog.</p>
 <p>Avoid reaching into personal space.</p>	 <p>Avoid reaching your hand out for the dog to sniff.</p>	 <p>Let the dog approach at its own rate.</p>
 <p>Avoid direct interaction if the person is afraid of you.</p>	 <p>Avoid putting if the dog looks nervous or tense (but calm) has trained.</p>	 <p>It's OK to pet the dog if he looks relaxed, comes up to you, and initiates your attention by rubbing against you.</p>
 <p>Avoid hugging inappropriately.</p>	 <p>Avoid hugging, kissing, and petting roughly. This is too familiar and diluted by many dogs.</p>	 <p>Pet gently.</p>

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# Body Language of Fear in Dogs



Slight Cowering



Major Cowering

## More Subtle Signs of Fear & Anxiety



Licking Lips  
when no food nearby



Panting  
when not hot or thirsty



Brows Furrowed, Ears to Side



Moving in Slow Motion  
walking slow on floor



Acting Sleepy or Yawning  
when they shouldn't be tired



Hypervigilant  
looking in many directions



Suddenly Won't Eat  
but was hungry earlier



Moving Away



Pacing

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*The Art and Science of Animal Behavior*

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