

DIG IN! IT'S GOING TO TAKE TIME

Alex came into LPCHS but was so terrified of people that she preferred to sit in her water bowl rather than let anyone come near her.



We gave her time and space and after 6 months she let us pet her. After a year she let her guard down, relaxed and turned into a wonderful, loving dog.

Most dogs don't take this long, but significant change like this doesn't happen quickly.

pranaDOGS Behavior & Rehabilitation Center, is a not-for-profit canine training facility located just outside of Durango, CO.

We work with Shelters and Rescues to help dogs who need a bit more time and attention than a typical organization can provide.

Dogs Rock!



pranaDOGS

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GET THOSE TAILS UP!

CONFIDENCE BUILDING EXERCISES FOR DOGS



STRATEGIES TO HELP SHY & ANXIOUS DOGS FEEL COMFORTABLE AND BUILD CONFIDENCE

Routines

Routines are a must for scared, shy or anxious dogs. You don't have to do things at the exact same time but you should follow a basic routine that allows your dogs to know when the basics are coming and what's expected of them.



Your Reactions Matter

These dogs need space and an opportunity to come to you. Don't reach for them. When they come to you, pet them on the side of their face or under their chin, *not* on top of the head. And protect them from people - Body blocking is a great way to let these dogs know you have their backs.

CONFIDENCE BUILDING

EXERCISES FOR INSECURE DOGS

A dog's ability to act confidently comes from their own belief that they will know how to act in a given situation, or in their ability to adapt to whatever happens.

To build this confidence we need to combine trust and challenges. We need to show the dog different situations with us – or someone they trust – there with them.

Exercise 1 – take dog to a somewhere like Home Depot. Dog may be nervous but encourage them to walk with you into the store and down an aisle. Then turn around and go outside and hang with your dog on a grassy area. Once your dog relaxes a little, repeat the exercise. The goal is to show the dog that there's nothing scary in the store and even if there is we can get outside quickly. I recommend bringing nervous dogs to the same place at least 3 times before adding a new place.

Exercise 2 – Teach your dog a handful of basic behaviors (touch, circle, look, shake, etc). Practice with your pup over and over again at home until they're second nature to them (they don't think, just react). Then try the behaviors in a new place, go slow at first, but work on them until your pup is comfortable doing them there. Go to another place and repeat. The more places you can show your pups that a sit is just a sit and the world is pretty safe, the faster your pup will relax and let their guard down.

SHY, ANXIOUS, SCARED DOGS NEED SOMETHING COMFORTING TO FOCUS ON, TEACH THEM THE LOOK BEHAVIOR SO THEY CAN LOOK TO YOU FOR SUPPORT WHEN UPSET, WORRIED OR OVERWHELMED.