



Helping Your Dog Feel Safe



WHAT HELPS OUR DOGS FEEL SAFE?

Strong
Attachments
Bonds



Agency and
control

Chewing

Predictable
environment

Good physical
health

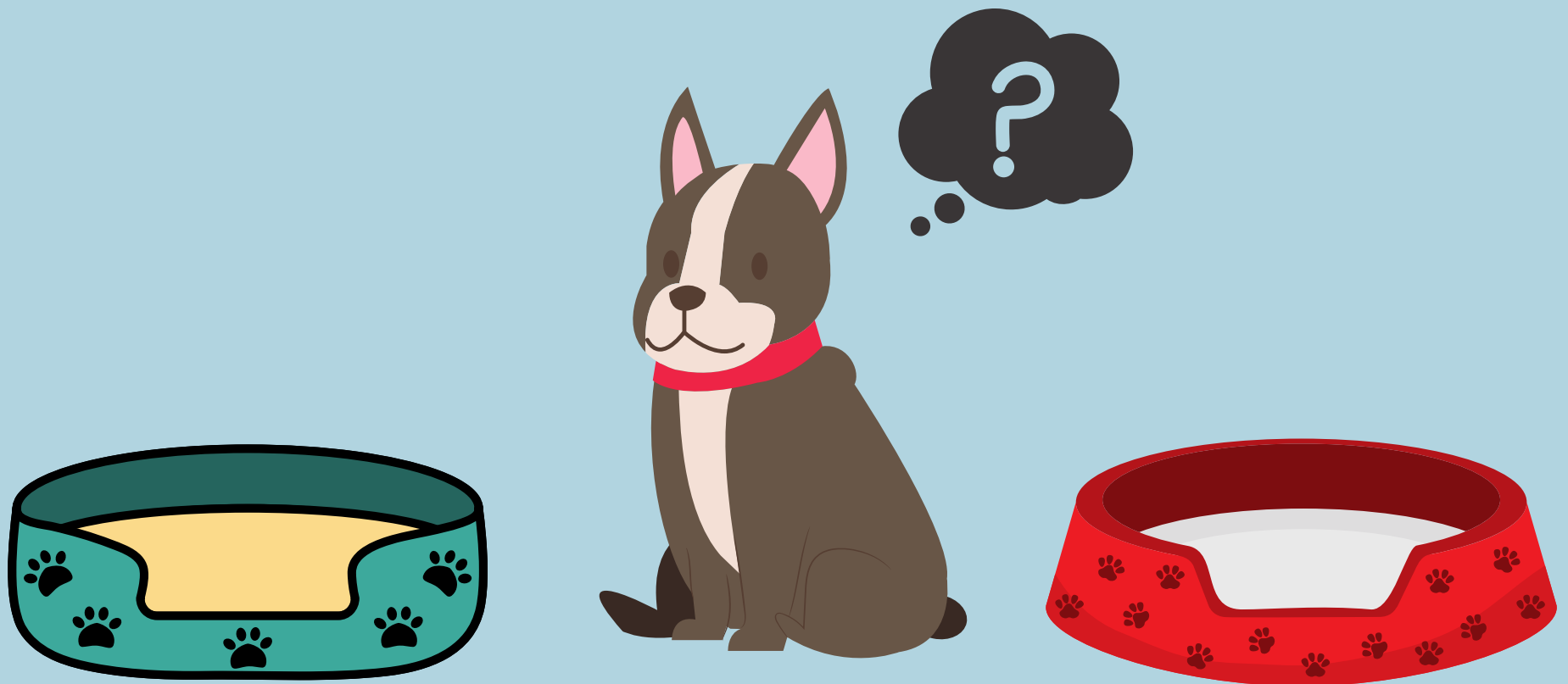
Calm activity

STRONG ATTACHMENT BONDS



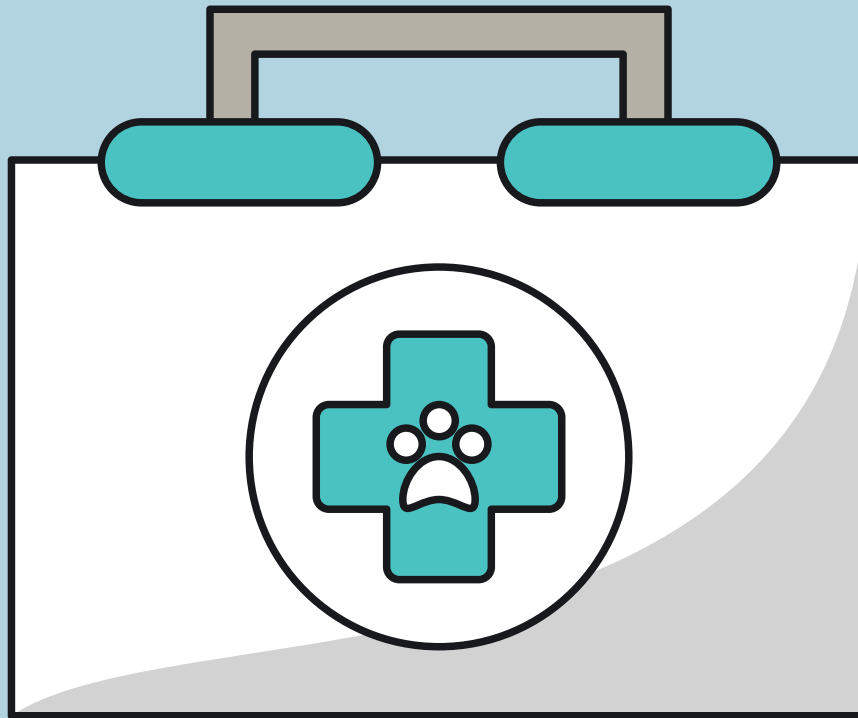
Having strong bonds with their human carers is a brilliant way to improve dogs' confidence and prevent fears developing. You can build up a bond by spending time with your dog, always bringing good things, avoiding punishment, and being sensitive to their needs.

AGENCY AND CONTROL



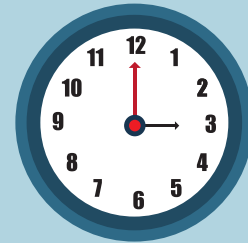
Dogs generally feel less safe if they have very little control of their environment. Try to offer your dog a variety of beds, toys, and foods to choose from during the day. Similarly, out on walks, try to let your dog choose where to explore and where to sniff.

PHYSICAL HEALTH



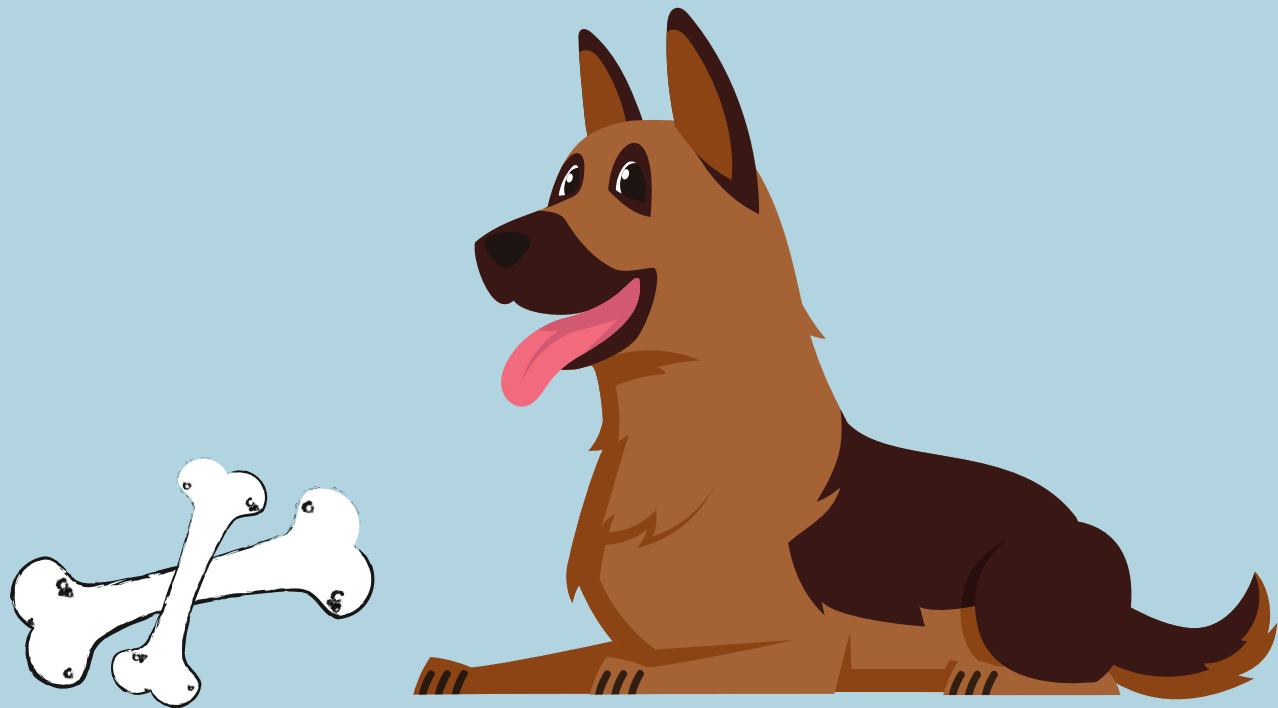
If a dog is feeling unwell, they may become more vigilant and feel less safe. If your dog's behaviour suddenly changes, a vet check up is always a good idea. This will allow any illness to be treated, and enable your dog to feel better and safer again.

PREDICTABLE ENVIRONMENT



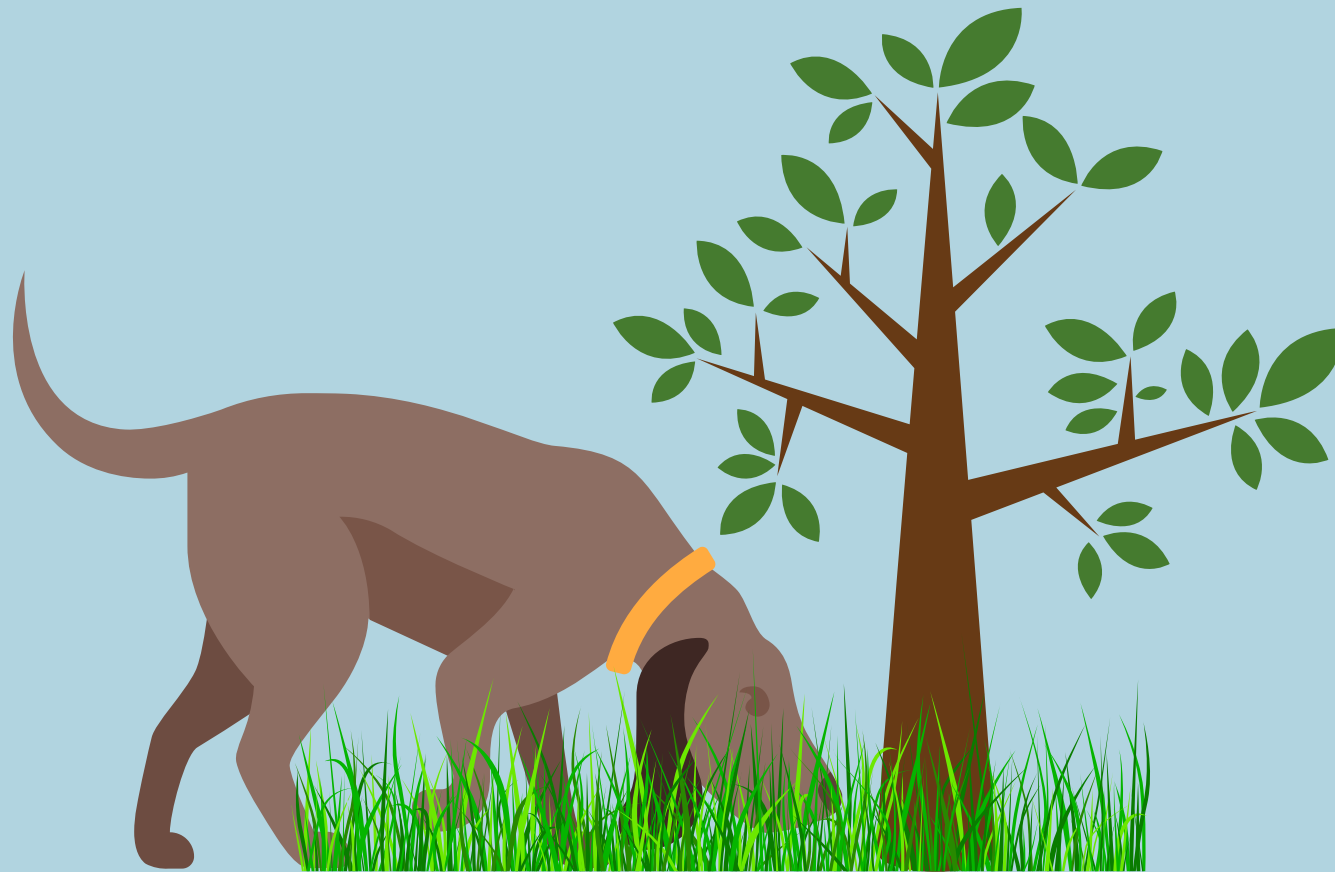
A sense of predictability allows dogs to feel safe and better control their environment. Try to be consistent in your behaviour, have a clear criteria during training, stick to regular feeding routines, and provide safe spaces for alone time.

CHEWING



Healthy bones and chews are a great way to help dogs relieve stress and calm the fear centres in the brain. Therefore, a regular chewing opportunity is a great way to help dogs feel safer around the home.

CALM ACTIVITY



With noses more than 10,000 times as sensitive as a human's, calm activities such as sniffing, exploring, and foraging for food in the the grass are all great ways to help dogs learn about their environment and enrich their lives as well as helping them to feel more safe.