

A TRUE RELATIONSHIP

We need to learn to observe our dogs so that we can understand what they are telling us and then respond accordingly – only then can we have a true relationship based on love, mutual respect and trust.

We should never force our dogs !

Whenever possible, we should allow choices or make the right choice for our dogs until they can do so themselves



Lying down and turning the body

RECOMMENDED BOOK AND DVDS

- 🐾 *Calming Signals: On talking terms with dogs by Turid Rugaas (book and DVD)*
- 🐾 *The wee signs of the dog by Turid RUGAAS (DVD)*



Lifting a front paw
Courtesy Lalita Iyer

If interested, come join us - usually on a Sunday morning - just fill in the contact form at www.happyandrelaxeddogs.com



CALMING SIGNALS



WELCOME TO THE WORLD

OF THE DOG AND TO

A WHOLE NEW LANGUAGE!

DOGS ARE SOCIAL ANIMALS

Dogs need and enjoy the contact and company of others. Calming Signals is a term coined by Turid Rugaas, Dog trainer, Behaviourist and Author, to describe the body language that dogs use to avoid conflict, reduce stress and communicate a wide range of information to all around them...



Lying down and turning the body

ALL TOO OFTEN, WE MIS-COMMUNICATE WITH OUR DOGS

We do not realise it, but we are frequently intimidating or even menacing to our dogs as the messages we give them through our body language are all too often at odds with the rules of canine communication. This will usually cause our dogs to use calming signals.

Depending on the dog, the moment or the situation, for example, when we:

- 🐾 walk straight at our dog
- 🐾 seem angry or aggressive
- 🐾 walk too fast and make too many fast movements
- 🐾 bend over our dog
- 🐾 reach for our dog
- 🐾 ask for something that is too difficult
- 🐾 take our dog by surprise

...and more...

So by learning the non-verbal language of our dogs, we give ourselves the opportunity to communicate with them, through our body and our actions, in a more respectful way.

ABOUT 30 CALMING SIGNALS

Dogs have about 30 calming signals, perhaps even more. These signals are universal and all dogs understand all signals even if they do not use them.



Courtesy Deepshikha Ghosh

Sniffing
the ground

SOME EXAMPLES OF CALMING SIGNALS

Lip-licking, turning away (eyes, head or body), yawning, lifting one front paw, slowing down moving away, blinking, sitting or lying down, “curving”, freezing,...

DOUBLE MEANING

Sometimes dogs yawn when they wake up or lick their lips when they have drunk, that is mechanical. If they do so in the context of an interaction (with a dog, another animal, a person,...) or in an uncomfortable situation (fear of a noise for example), then it is a calming signal.