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**

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.drosophiayin.com](http://www.drosophiayin.com).
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**
  - Avoid reaching into their safety zone.
  - Avoid rushing up.
  - Avoid interactions without asking.
  - Avoid staring at people. This is scary.
  - Avoid looming over.
  - Avoid reaching into personal space.
  - Avoid close interaction if the person is afraid of you.
  - Avoid touching inappropriately.

**Human to Dog**
- **INCORRECT**
  - Avoid reaching in or towards the dog's car.
  - Avoid rushing up.
  - Avoid interacting with unfamiliar dogs, especially if they're leashed.
  - Avoid staring at the dog or approaching head-on.
  - Avoid leaning over or towards dogs even when you change position to squat or get up.
  - Avoid reaching your hand out for the dog to sniff.
  - Avoid putting if the dog looks nervous or tense. Just admire him instead.
  - Avoid hugging, kissing, and petting roughly. This is too familiar and disturbing by many dogs.

**Human to Dog**
- **CORRECT**
  - Stand a safe distance away so that you are not a threat.
  - Approach slowly (at a relaxed walk).
  - Ask if you can interact first.
  - Approach sideways and look using your peripheral vision.
  - Stay outside the dog's bubble and present your side to the dog.
  - Let the dog approach at their own rate.
  - It's OK to pet the dog if he looks relaxed, comes up to you, and solicits your attention by rubbing against you.
  - Pet gently.

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**Calming Signals**

- *Alert*: Who's this?
- *Alert*: Curvée
- *Alert*: Use
- *Alert*: Peace!
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