

# LEARN TO READ YOUR DOG BETTER!

Here's a list of a few stress signs that you can start to recognise in your dogs:

- Blinking
- Showing belly
- Tail wags
- Sitting down or lying down suddenly
- Coming in between two individuals like body blocking
- Urinating on themselves
- Picking up things in their mouth
- 'Smiling'
- Excessive panting
- Excessive shedding
- Drooling
- Yawning
- Lip licking
- Head turns
- Paw lift
- Sniffing the ground
- Walking slowly
- Freezing
- Ears pinned back
- Whale eyes
- Hardened eyes

Calming signals are visual signs that dogs use when they are stressed or uncomfortable.

Dogs use them in interactions with us, other dogs and even other animals



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