

## The Shy Dog

All dogs are different just like people and you will find differences even between littermates. Confident dogs take everything in their stride and are adaptable to most situations and events. At the other end of the spectrum there are the shy type of dogs. The degree of the dog's shyness will depend on how much time and effort will be required to help them overcome their problem.

Particular breeds can be predisposed to shyness. Being shy usually means that the resilience to change is significantly less than the average dog. Collies, German Shepherds and some miniature breeds can be genetically predisposed to a shy tendency. There may very well be a genetic tendency and the situation and environment the dog was brought up in, during the first few weeks of life have a particular influence.

The home circumstances also influence shy dogs behaviour. A quiet home with very few changes is not conducive to helping a shy dog overcome their problem. The set routine and environment makes the dog more likely not to adapt to changes in later life. Even though efforts may have been made when the dog was younger, it is essential that the training is ongoing.

Training can begin in the home. Regular visitors, that are non-confrontational and understanding of the dog, can help their adaptability to change. Every single day the dog should experience something different and it is important you monitor their reaction so changes only occur at a rate the dog can tolerate.

The use of rewards, toys and positive interaction can be used in the home and whilst on positive incentive walks. Exercise should include an incentive for the dog, one that the dog sees as pleasurable and rewarding. This can be something as simple as a shop where the dog receives a treat, or a walk to the local park area.