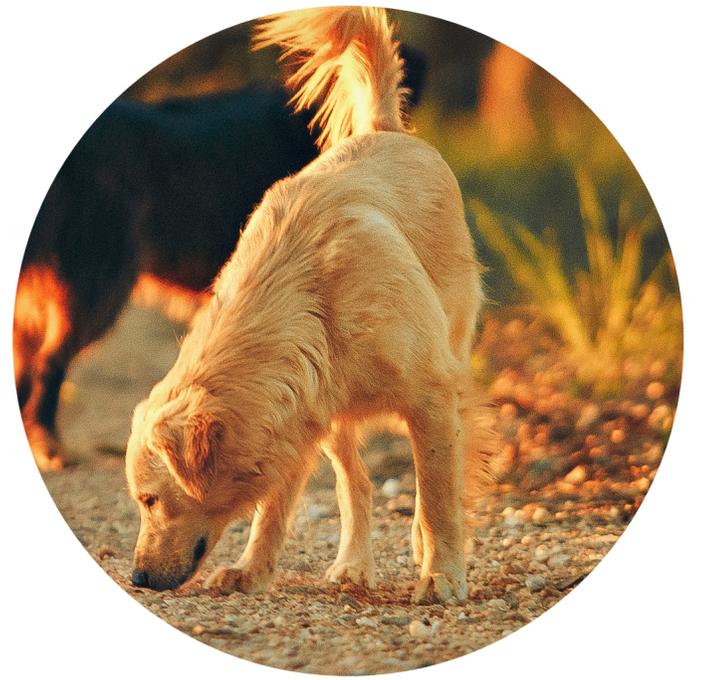


"IF YOUR DOG IS UNSURE, THEN GET THEIR NOSE TO THE FLOOR!"



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Clinical Animal Behaviourist



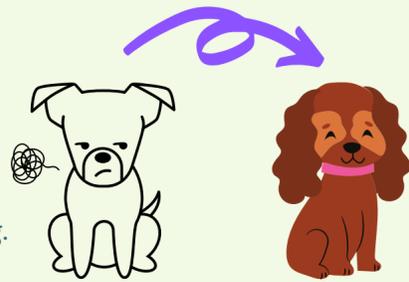
Sniffing Lowers Heart Rate

Your dogs pulse actually lowers significantly when they are actively sniffing even when they are walking & moving their feet! The steady sniffing also regulates breathing patterns similar to deep breaths in humans. Therefore sniffing is a great calming activity!



Sniffing Helps Regulate Emotions

The Olfactory bulb (sense of smell) is the only sense governed by the limbic system in the brain. The limbic system also mediates instinctive drives, emotions, conditioning of emotion, memory & learning. Therefore sniffing can actually be a direct link to calm, regulate & harmonise emotions & learning around triggers.



Mentally Enriching

Your dogs sense of smell is its strongest sense. Your dog receives so much data about the environment it sniffs within, that scent exploring is incredibly mentally stimulating. Dogs can burn off more sufficient energy by combining sniffing with physical exercise. Mental enrichment can prevent a variety of behaviour issues arising such as excessive vocalisation, destruction and attention seeking behaviours to name just a few!



Builds Confidence in Dogs & Puppies

Sniffing can help dogs that are unsure, nervous or fearful to decompress and process what they have just encountered. Therefore taking some distance to sniff for a while in-between exposure can help a dog learn about its environment faster & help them build resilience around novelty. Sniffing helps them think, process and learn about what has just happen to or around them.



It Feels GOOD!

Your dog is born to use its nose & it genuinely feels good doing it! When your dog is sniffing, a hormone called Dopamine is released, which stimulates the seeking of pleasurable activity (happiness), reward and feelings of euphoria, so fear can be temporarily switched off during this time. Infact a dogs Dopamine levels drop when they find what they have been seeking & rise during the seeking process! Dopamine also helps with being able to think & focus.



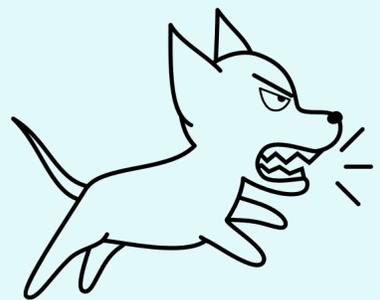
Breaks up Eye Contact

When dogs become over aroused by something in their environment whether they are excited, nervous or fearful they have a tendency to stare & get further wound up. Sniffing helps the dog naturally break eye contact to regroup & think. Sniffing breaks exposure down into smaller moments that are easier to cope with, without it being too daunting or overwhelming. This helps calm everything down for them and even the other dogs they are staring at.



Replaces Unwanted Behaviours

Dogs are unable to excessively bark and actively sniff at the same time! Therefore sniffing can become a good alternative behaviour for your dog to learn to replace unwanted behaviours out on walks or in the home/ garden. Playing find it by scattering food on a walk or experimenting with different foraging type enrichment toys at home can really help your dog to build new appropriate behaviours with specific environmental/ social triggers.



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