



BUILDING CONFIDENCE AROUND DOGS

Handy tips and advice for all the family
on how to build confidence around dogs.



MILLIONS OF PEOPLE HAVE DOGS AS PETS. IN FACT THERE ARE CURRENTLY AROUND 9 MILLION DOGS IN THE UK AND THIS CONTINUES TO RISE.



At Dogs Trust, we understand that not everyone likes being around dogs and we know some people may also be scared of them. This fear can have such an impact on a child's life, such as; not wanting to play in the park or visit friends and relatives. Even walking down the street can cause a worry if a child runs into the road to get away from a dog. So, we have put together some top tips to build confidence around dogs for children and their families, to help keep themselves safe.

WHAT IS FEAR?



Worry and fear are normal and are important for protection. A certain amount is good as it keeps us safe and stops us from going head first into situations we shouldn't.

Fear's 'job' is to protect us from immediate danger. When the fear response is triggered, it's like a fire alarm, which goes off to alert us to danger – our "fear alarm".

When our fear alarm goes off, neurochemicals are released into the body which triggers our 'fight-flight-freeze' response and prepares our bodies to defend themselves. For example, our hearts beat faster to pump blood to our muscles so we have the energy to run away or fight off danger. When we freeze, we hope we may not be noticed, allowing the danger to pass.

Once the fear chemicals have been released into the body, there is nowhere for them to go. This may lead to things like a headache, tummy ache, shaking and increased heart rate. This is called anxiety.

Sometimes however, we can feel those anxious feelings without a real threat in front of us. If you have a fear of something such as dogs, which you can see all the time, this can have a debilitating impact on day to day life.

Many people are fearful or afraid of something: from spiders and snakes to stickers and buttons. No matter how obscure or silly it may seem, fear is not something to be dismissed as irrational and should be treated appropriately. Importantly, for someone who has a fear of something, the fear is very real for that person. Cynophobia, or fear of dogs, is an extremely common phobia.

It is important to know how to handle this fear to keep yourselves and others safe. In this guide we set out to do just that, providing the whole family with help and advice on how to manage a fear of dogs.

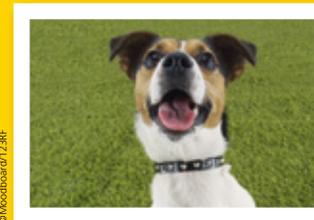
THE 5 MOST COMMON REASONS FOR BEING AFRAID OF DOGS:



1. Bad experience with a dog



2. Learnt behaviour from parent or other relative/friend



3. Behaviour of a playful dog
i.e. barking, jumping up, running around



4. Cultural differences



5. Influence of the media.

FEAR CAN COME IN ALL SHAPES AND SIZES

Take a look at this diagram to compare the level of your child's fear.



Low Level of Fear

Uncomfortable around dogs but ok if they are at a safe distance

Afraid of larger dogs, but ok with other smaller, more placid dogs

Afraid to be in the same room as a dog

Seeing a dog leads to an immediate anxiety response

Picture of a dog leads to immediate anxiety response

Fear interferes with everyday functioning and life

High Level of Fear *



*If your fear level is medium to high level, you may want to seek professional advice (turn to page 11).

HOW TO MANAGE YOUR CHILD'S FEAR

Everyone can experience the feeling of anxiety at times.

Anxiety can be thought about as an equation, consisting of an overestimation of danger and an underestimation of coping. We want to approach anxiety rather than avoid it, avoidance reduces anxiety temporarily, but continued avoidance can worsen the problem.

Encouraging children to open up about their fears and worries is helpful, along with teaching them about what anxiety is. Helping them recognise when they are experiencing it, and knowing what they can do to alleviate it, can also help manage it. It is important to teach children that anxiety is not dangerous – it may go up due to a trigger, but it will come down again and eventually decrease. Viewing it like a ball – 'what goes up must come down' can be helpful.



PRACTICAL TECHNIQUES TO SUPPORT YOUR CHILD

A number of factors contribute to anxiety – these include thoughts, feelings, physiology and behaviour. These can interact with each other and your child can experience negative thoughts, which can have an impact on emotions (how we feel), our physiology (how our body feels e.g. heart racing) and our behaviour (what we actually do).

Therefore, if your child is experiencing negative thoughts about dogs, altering those thoughts can lead to a change in emotion and a subsequent change in behaviour. This is how we can start to manage fear.

So what can I do?

- 1. Recognise how your child is feeling** through their body language – label how they are feeling and why – “I wonder if you are feeling worried because you can hear a dog barking nearby?” This will allow them to feel understood.
- 2. Give permission** for them to have their emotions/experience – “that’s okay, I understand you are worried about the dog.” This gives a message that emotions are okay and useful things to have, it again conveys understanding.

- 3. Draw their attention** to the present and help them assess the situation in its reality or its safety, e.g. “that dog is on a lead and his owner is holding it.”
- 4. Help them recognise** when their body is talking to them or giving them clues as to how they are feeling, e.g. butterflies in tummy. Move them into thinking about what they can do to make themselves feel better e.g. breathing in together slowly for 5 seconds and out for 7 seconds.
- 5. Help them ‘catch their thoughts’** or try and identify their thoughts for them – “I wonder if you are thinking that the dog might jump up on you/bite you?” Or ask them “What are the thoughts that are popping into your mind about the dog? / What do you think the dog might do?”
- 6. Identify** whether their thoughts are helpful or unhelpful.
- 7.** Once you/they identify that they are having an unhelpful thought, ask them how they can **turn the thought** into a helpful thought i.e. “that dog is going to bite me” to “that dog is on a lead with his owner/ not all dogs bite/jump up.”
- 8. Encourage them** to be ‘thought detectives’ questioning their unhelpful thoughts, asking them questions such as: Is that really true? Is that really going to happen? Are there any times when you pass a dog and he doesn’t jump up/bite? (i.e. you are looking for exceptions). Are you 100% sure? How/where have you experienced this?
- 9. Encourage positive thinking** and model positive behaviour around dogs to help change their negative perception and response to dogs into a more rational and safe one.
- 10. Use a stepped approach to engage with dogs and change perceptions of them**
 - Talking positively about dogs
 - Reading books with pictures of dogs in it
 - Watching films where the leading star is a dog
 - Role play: using small figures/toys to act out situations that your child finds frightening, and practise what they might do in that situation instead
 - Build up to touching a dog whilst held in the arms of the owner
 - Move on to spending time with assistance dogs e.g. guide dogs or dogs which are placid and calm.



TOP TIPS FOR PARENTS

Maintain a safe distance from the dog and ask the owner to keep the dog on a lead.

Allow your child to have their emotions, be understanding toward their fear.

Narrate the experience to lessen the panic – ‘That dog is barking and is making you nervous’.

Address your child’s fear and talk positively.

Gauge when your child is having an unhelpful thought, catch the thought and help your child to replace it with a helpful thought.

Encourage your child to be a ‘thought detective’. ‘How likely is that to happen?’ ‘What experience do you have of this?’ ‘Are you 100% sure?’

Frightened and anxious – breathe in together for 5 seconds and out for 7 seconds, which can be practised at home to keep calm and distract them.

Evaluate the level of fear and if it is reducing at all, keep a thought diary to track it.

Act out a role play with a toy dog, talking through different dogs’ behaviour.

Read books with pictures of dogs in and eventually, when ready, build up to meeting a placid, calm dog.



WORKSHOPS

Dogs Trust is offering FREE workshops for parents and children on building confidence around dogs, to ensure children and dogs can live together safely and happily at home and in the community.

If you would like to speak to an Education and Community Officer about managing your child’s fear then contact us to arrange a workshop, please visit: www.learnwithdogstrust.org.uk and contact your local Education and Community Officer.

NEED EXTRA ADVICE?

If you are looking for additional professional advice, this can be sought from your local GP, Local Children and Adolescent Mental Health Services (CAMHs), School or Private educational and Child Psychologist, CBT therapist.

We have been given guidance by Olivia Kenneally BEd, H Dip App Psych, MEd, PG Cert Therapeutic Communication with Children, D.Ed.Ch.Psych, C Psychol, HCPC Registered Psychologist (Reg. No. PYL23251), a Child and Education Psychologist and CBT practitioner.

Dogs Trust Education and Community Officers have been given guidance on how to support children and their families manage a fear of dogs. If the fear is at a high level, or to overcome a fear altogether, further professional advice should be sought.



HELPING EVERYONE BE DOG SMART



In addition to our Building Confidence Around Dogs guide we also offer a free to download, comprehensive Be Dog Smart guide, packed with helpful tips and hints about children's interaction with dogs. From in-depth information about dogs' behavioural signals, to advice on how to prepare your dog for the arrival of a new baby. The guide provides lots of useful material for the whole family.

If you would like to arrange a Be Dog Smart workshop at your local school, community or leisure centre visit: www.bedogsmart.org.uk and contact your local Education and Community Officer.



learnwithdogstrust.org.uk