

The Sniff Test - Stop Doing That!

The sniff test is a badly engrained habit that society has been taught, without a clear understanding of what they're actually doing.

- When reaching towards a dog, you are using body pressure, giving them no time to assess whether you're safe and whether they require further investigation. You are forcing a relationship that hasn't had time to develop. To some dogs, this is quite rude and the reason dogs snap or bite people. This can cause a lot of behavioural issues because of layered stress due to forced interactions.
- If they're on lead, they have no where to go if they're sensitive to spacial pressure. They can end up shutting down, shying away or snapping at your hand. This is an example of your dog using pressure to make you back off, so they aren't stressed.
- People think offering your hand give's the dog time to sniff to know you are friendly, but they can sniff without being forced to sniff your hand. Their noses are far superior to ours & they do no need close contact forced upon them to smell you.
- Some dogs might not want to know you. You have no relationship with them and that is perfectly fine. They are not your dog, so you don't need to touch them or steal pats for your own satisfaction.



If You Are Meeting A Dog, What Should You Do?

- Ask the owner if you can interact with their dog. Not all people want strangers touching their dogs. Especially strangers who you are unlikely to see again.
- Stand up straight & relaxed with your hands at your side.
- Ignore the dog and talk to the owner.
- Don't stare at the dog and don't force an interaction by going in for a pat. If the dog wants to know you, it will come up to you & sniff around. Often, they will move away & then come back for a second sniff. Some dogs will bunt your hands and wag their tails, which are good signs that you're an accepted friend. Give them a few slow pats down their back (NOT THEIR HEAD) and then stop. Is the dog happy? Has it accepted your interaction? This will determine whether you can give it more pats.

This is a more stress-free option for dogs and can develop a good level of trust, especially with fearful dogs and aggressive dogs without a bunch of negative side effects from forced interactions.