

## Consent and the 3 second rule

Sometimes, we don't want that hug that's on offer; our dogs are just the same.

How do we know if dogs are in the mood for strokes, or want to be left alone for that snooze? We use the 3 second rule:

Stroke your dog for 3 seconds, and then pause. If they want to be touched, they will move towards you, or give you big puppy dog eyes.

If they ignore you, or move away, this is them saying that they don't want to be touched right now. Try again later.

By showing your dog that you respect their personal space, you will help build up an amazing bond.



“For me, it's never ‘just a walk’. Every outing is a fun adventure, and I take care to ensure that each dog feels safe, happy, and well-looked after.

I'm Heather, proud pet parent to Penny, my Jack Russell Terrier, six rescue cats, and a few cheeky rescue hens.

After working in both the corporate and charity worlds, I started up my own dog care business, combining my love of outdoors with my love of animals.

I soon realised that there is more to walking dogs than just clipping on a lead: every dog has unique needs and behaviours. So I soon began to study dog behaviour and now use my knowledge to ensure that each dog gets the very best experience with me.

*Heather*

I am committed to bringing best practice to my care through ongoing learning and ethical practices. I am qualified in Canine Behaviour, First Aid and Welfare. I am passionate about helping every dog to live their best life, through walks, training and equipment.

To find out more, call: 07706447261



# Heather's Walkies

Care you can trust.  
Adventures they will love.



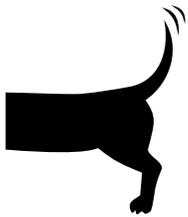
## Dog Love Language

[www.heatherwalkies.co.uk](http://www.heatherwalkies.co.uk)  
07706447261



## Puppy dog eyes

Dogs know not to stare at other dogs (it's rude!), but they have genetically evolved puppy dog eyes especially for humans to show their love.



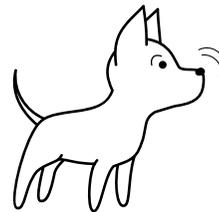
## Soft waggy tail

This is the doggy equivalent of waving hello. The faster the wag, the more enthusiastic they are to see you.

Watch out though - a stiff, upright tail is like a shaking fist, and indicates anger, not happiness.



# Dog Love Language



## Giving you a good sniff

Dogs communicate mostly by smell. Does your dog give you a thorough sniff when you get home? They are asking how your day has been!



## Face kisses and licks

Licking has many meanings: Mums lick their puppies to clean them, puppies lick their mum's mouth to ask to share food that's just been eaten.

So why are they licking you? It could be a sign of affection: seeking or giving reassurance; or allo-grooming (cleaning you); or maybe you've just eaten something tasty!



## Play bow

Stretching their front legs out can be a greeting, or an invitation to play. You can reciprocate with your best downward dog yoga pose (expect to be jumped on!).