Ever wonder why your dog stares at you? It’s not only because they want a cookie! It’s because they L-O-V-E you.

We have all heard how there is a beneficial bond between humans and their doggy companions. I cannot speak for others, but this is definitely true with my dog and I. I adore her! She is not just a dog to me. She is my buddy, my “partner in crime”, a member of the family. When you have this bond with your dog, it is truly something special.

Nagasawa et al. conducted a study that focused on the levels of oxytocin levels between owners and their dogs, when sharing a long mutual gaze. It was discovered that the level of oxytocin was quite high when there was a gaze between owner and their pup. Oxytocin, is a darling little peptide, that has been called the “cuddle hormone”. This cuddle hormone has been linked to the social bonding and is pivotal to the flood of hormonal changes leading up to and after birth.

This study proved that the bond between a dog and its owner is in fact comparable to the mother-infant relationship. They concluded that the levels of oxytocin were not as high, when the gaze is shared between a dog and an unknown person.

So, there you have it, Fido really does love you! So give your furry little friend an extra treat and a pat for truly being a human’s best friend.
