

讓孩子與狗親密接觸

What's Important when Children and Dogs Interact?

Having a dog in the home means that children are exposed to more bacteria, and this helps to boost the immune system by allowing it to 'learn' how to deal with these new infections. Allergies are also far less likely in kids who grow up with dogs, especially if they are in close contact with the dog—and especially when the dogs are allowed to lick the child. The difference is particularly marked for kids in the five-to-eight age group, with the healthier, dog-owning children attending school an average of 18 days per year more than their sicklier peers.

Dogs also have a calming effect on children, and their presence helps to counter the onset of many mental health problems, from depression to anxiety. Stroking a dog also helps them develop tactile and motor skills.

If you consider getting a family dog please don't buy a dog from a pet shop but adopt a dog from a shelter. Please also make sure that you have the time and space to keep a canine friend. Remember, dogs are not toys you can throw away but sentient beings that need love and care just like human beings. If you want to know more about responsible ownership please check our webpage: <http://www.animalstaiwan.org>

狗為人類的生活帶來許多附加樂趣。但是很少人知道，飼養狗狗對於兒童的健康，也有十分正面的影響。狗狗身上自然帶有的細菌，有助於鍛鍊兒童的免疫系統。研究顯示，與狗兒們一起成長的孩子比較健康，尤其以5-8歲的孩子來說，平均每年病假要比其他孩童減少18天。

狗對孩子們來說也有鎮靜的效果。與狗相處有助於平復心情，減輕憂鬱與焦慮。孩子們藉著撫摸動物，開發他們的觸覺及交感神經。固定且規律的帶狗去散步、照顧牠們，不但訓練孩子的責任感，對孩子的身心健康也有極大的益處。

如果你正考慮要養狗，請別到寵物店去買一流浪動物收容所有許多無家可歸的流浪狗，正需要溫暖的家庭。最重要的是，請確保你有足夠的時間和空間來陪伴牠。請記住，照顧動物是一生的承諾，牠們不是玩具，而是和你我一樣，需要愛心、關懷的獨特生命！

想更深入了解領養流浪狗的相關訊息，歡迎參觀我們的網站 <http://www.animalstaiwan.org>

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