



Frank Bell Horse Whisperer

Head Shy Horse

Dear Frank,

I own a 3 year old Hanoverian x gelding the problem is that he is head shy. He is extremely nervous of his ears being touched. He is standing at 16.2hh now and is still growing so I am becoming concerned that he may become too big too handle with this problem, as we were hoping to start to back him over the summer months. We have owned him since coming off his mother. He has a natural laid back attitude apart from this problem.

Look forward to your reply.
Derrick

Derrick –

It is very easy to help a horse through head-shyness. It's all about starting with something the horse can handle and is a bit worrisome but doesn't send the horse over the top. I begin by twirling my lead rope out in front of the head-shy horse, way out. Then I slowly inch in closer and closer and allow the lead to feed out and get longer and longer. As soon as possible I make physical contact with the horse with my other hand and begin reassuring him as the lead gets closer and closer until it is right over the horse's head. After the horse accepts this, then I begin with my hand. The hand comes from behind over my head and onto the horse's forehead in a stroking, loving manner. Again the other hand is reassuring. Before long your hand means nothing but a loving stroke. It's about patience and empathy. You must feel what the horse feels to help him.

To help you along I suggest two of my works: My foundation video is "[Discover the Horse You Never Knew](#)" and it explains the process very explicitly. As well, my "[Spooking and Shying](#)" video has actual footage as I help a spooky Arabian off the track become a vastly more confident horse. These two horse training video works will change the way you relate to horses . . . forever. Promise.

Safe Riding and Happy Trails,