



I REALLY WORRY  
WHEN MY OWNER  
LEAVES – I DON'T  
KNOW WHERE  
SHE'S GONE.

When you go out, your dog may be struggling to cope. Discover how you can be **#DogKind** and help your dog feel better when left alone: [www.rspca.org.uk/dogkind](http://www.rspca.org.uk/dogkind)

be **DOG**  
**KIND**

**Research shows that eight out of 10 dogs experience stress when left alone, but 50 percent will show no signs that they are struggling, making it hard for owners to spot problems.**

Developed by dog behaviour experts and based on research, our **#DogKind** campaign will help you better understand your dog's behaviour and teach them to feel happier when left alone.

### **IS MY DOG STRUGGLING TO BE LEFT ALONE?**

You may know the obvious signs, such as destroying furniture or barking, but there are other signs that you may be missing, such as trembling or pacing. Our **#DogKind** tips will show you how to spot them all.

### **WHAT SHOULD I DO IF MY DOG FINDS IT HARD TO BE LEFT ALONE?**

Discover ways you can help your dog feel calmer and more relaxed when they're alone, including leaving a 'special' toy, using a dog-sitting service or getting the help of a specialist.

### **HOW CAN I TEACH MY DOG THAT IT'S OKAY BEING LEFT ALONE?**

Learning to be left alone is an essential part of any puppy or dog's training, and is the best way to prevent your dog from experiencing anxiety or stress in your absence.

Follow our five-step online training programme on our **#DogKind** webpage to help you teach your dog to cope when you are away.

Help your dog to be the  
happiest pooch on the block:

**[www.rspca.org.uk/dogkind](http://www.rspca.org.uk/dogkind)**



**Royal Society for the Prevention of Cruelty to Animals**

Telephone: 0300 1234 999 | [www.rspca.org.uk](http://www.rspca.org.uk)

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