

# Alone at home



**Dogs are naturally sociable creatures and form strong bonds with their owners – this close companionship is certainly one of the most rewarding elements of dog ownership!**

Although dogs should never be left on their own for too long (ideally no more than 4-6 hours at a time), there will always be occasions when it is necessary for owners to leave them in their own company. If dogs are taught from an early age how to be left alone in an appropriate manner, then they are much more likely to grow up feeling relaxed and comfortable when left on their own for periods of time.

Changes in routine (e.g., increased periods of isolation due to owners changing work patterns) or home environment (e.g., moving house), loss of a canine companion (bereavement) or boredom can affect how comfortable your pet feels when left at home alone.

**Does your pet do any of the following? It may indicate that they are not comfortable when left alone.**

- Persistent vocalisation (barking, whining, howling)
- Toileting in inappropriate places
- Coprophagia (eating faeces)
- Destructive behaviours
- Trying to escape or follow you
- Pacing
- Panting and salivating
- Waiting by doors or windows
- Extreme excitement upon owner return



**8 out of 10 dogs**  
don't cope when left alone



**Not sure if your dog is anxious when left alone?**

**TRY SETTING UP A VIDEO CAMERA TO MONITOR YOUR DOG WHEN YOU LEAVE THE HOUSE!**

It is important to seek veterinary advice:

- ✓ Your vet can help identify any physical health problems that may be contributing to your dog's anxiety.
- ✓ A vet or vet nurse can discuss behavioural management plans with you or offer behavioural referral.
- ✓ Your vet may need to prescribe medications to help with your dog's condition.
- ✓ They will be able to recommend appropriate calming nutraceuticals and other behavioural aids.

# Support behavioural balance



## How can I help my dog?

As with most problems, prevention is better than cure. It is important to teach puppies from a young age how to cope when being left alone, as this doesn't come naturally to them. If you have any concerns then it is recommended to speak with a veterinary professional and qualified behaviourist.

## Stressed out, anxious pet?

Use **Alphazium TT** as part of your management strategy.

Find out more at

[www.tvm-uk.com/alphaziumtt](http://www.tvm-uk.com/alphaziumtt)

or speak to your vet



SCAN THE QR CODE FOR FURTHER, STEP BY STEP GUIDANCE ON LEAVING YOUR PET HOME ALONE.