

To make us laugh and smile  
To get us outside  
To make friends / increase opportunities to socialise  
For comfort  
For cuddles  
Lower your heartrate  
Companionship / friendship  
To provide us with purpose  
To help is to become more responsible  
To make a house feel like a home  
To show and receive affection and unconditional love

And... walking companion, gets you back to nature,  
conversation starter, exercise, slipper and newspaper retriever,  
parenting practice, plate cleaner, food catcher, therapy aid,  
sight guide, sense of belonging, child's playmate, companion,  
keeps cats away, fly catcher/killer, intruder alert, guard dog,  
keeps the postman on his/her toes, wind farm!!

## 20 Uses for a Dog!



Sean and Missy (Katy's dogs) looking furtive