

# ENRICHMENT

Enrichment is any activity your dog finds innately satisfying. For dogs this involves *playing, chasing, scavenging, sniffing, fetching, digging, chewing, ripping, shredding, dissecting* just to name a few. Providing dogs with plenty of constructive opportunities to engage in these natural behaviors will keep them mentally and physically stimulated, and help meet their physical and psychological needs.

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## DITCH THE BOWL

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### STUFF & FREEZE



Mix and match any of the ingredients below to stuff and freeze food puzzle toys for later use. Frozen food toys are a wonderful form of enrichment and entertainment for quiet time in the crate, when left alone, when company comes over, when traveling, or just for fun.

Kibble	Peanut butter (w/out Xylitol)	Mashed or blended veggies
Wet food	Cream cheese	Mashed or blended fruit
Raw food	Cottage cheese	Canned fish
Ground meat	Yogurt	Baby food

### FOOD DISPENSING TOYS

Interactive and food dispensing toys can be used for stuffing, freezing, or dispensing kibble. Try splitting your dog's meal among different toys to make daily meals more stimulating and fun.

<b>Kong Toy</b>	<b>WestPaw Toppl</b>	<b>Busy Buddy Twist N' Treat</b>	<b>Dog Pyramid</b>
<b>Kong Wobbler</b>	<b>WestPaw Tux</b>	<b>StarMark Bob-A-Lot</b>	<b>OurPets IQ Treat Ball</b>
<b>Kong Gyro</b>	<b>Tricky Treat Ball</b>	<b>Planet Dog Snoop Toy</b>	<b>Lickimat</b>



### PUZZLE TOYS

Puzzle toys are a fantastic tool to engage your dog's mind and enhance their problem solving skills. Puzzles can be bought or made at home, and used for enrichment activities or full meals. Here are some examples:



<b>Nina Ottoson &amp; Outward Hound Puzzles</b>	<b>Slow Feeder Bowls</b>	<b>Seek-A-Treat Shuffle</b>
<b>ZippyPaws Hide and Seek Plush Toys</b>	<b>Trixie Dog Puzzles</b>	<b>Snufflemat</b>



# ENRICHMENT

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## LET THEM SNIFF

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Dogs see the world with their noses. Sniffing is a stimulating, enriching, and an *essential* activity for all dogs.

### SNIFFARIS & DECOMPRESSION WALKS

Walks are excellent opportunities for enrichment and can tire out your dog's body *and* mind. Plan to take your dog on daily walks where they are free to sniff as much and as long as they want. Sniffing in a new place is more stimulating than in a familiar one. Try switching up your daily route to explore new streets and places.

Decompression walks are walks in nature, off leash or on a long line (with a back clipping harness) where your dog is free to sniff, run, explore, and do all the doggie things they want. Consider the woods, trails, parks, beaches, fields, and any area that is away from the city.

### SNIFFING GAMES

- Roll kibble or treats into a towel
- Scatter kibble or treats around the room or in the backyard and cue, "Find it!"
- Place treats inside a handkerchief, tie it in knots and let them sniff them out
- Hide or scatter treats along your walking path in patches of grass or leaves
- Get or make a Snufflemat
- Take a nose work class at a local positive reinforcement training facility



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## LET THEM BE DOGS

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### DIY (USE WHAT YOU HAVE)

Use *paper bags, old newspapers, empty paper towel and toilet paper tubes, boxes, egg cartons, juice and milk containers, wrapping paper, plastic bottles, handkerchiefs* to create your own DIY enrichment toys that provide "legal" outlets for your dog's ripping, shredding, and scavenging needs.

### LICKING & CHEWING TIME

Make plenty of appropriate chewing objects available daily such as *bones, frozen raw bones, bully sticks, stuffed and frozen Kongs, natural no-hide chews, pig ears, antlers, beef tracheas, Benebones*, and any other item your dog enjoys chewing.

### DIGGING

Designate a digging area for dogs who love to dig, or fill a sandbox or kiddie pool with sand and hide treats, toys, and bones there to make it more appealing and to encourage digging in that area.

\*Please introduce enrichment activities slowly, making them easier at first so that your dog can succeed at every step.  
Please supervise all enrichment activities.