

HOME ENRICHMENT IDEAS

Some easy Home- made enrichment ideas (the list is endless but here's a few...)

1. **Ice blocks** – simply freeze some goodies into water or a stock (chicken and beef stock cubes can be used) put into a container or ice cube trays, freeze ready to use, you can use pretty much anything your dog likes even yoghurt, frozen fruit. You can even make them into popsicle by adding a bully stick, raw hide chew etc
2. **Egg carton treat.** Using an empty egg carton and place treats and other yummys like peanut butter, vegemite etc into the 'egg holders' (you can freeze these as well). Yoghurt makes a great option to freeze. If one whole egg carton is just too much for your dog, cut it into 'portions'.
3. **Muffin pan ball game.** Get a large muffin tray, put some treats/kibble/chicken etc into the muffin pan and place balls (tennis) over the top, the dog has to remove the balls to get to the treats
4. **Empty toilet rolls and paper towels.** This is a simple chew toy or you can place a few treats in the roll and fold over the ends. Or you can save a few, put them upright in a cardboard box drop a few treats in there for them to find
5. **The 'clam' sand pit.** These make a fun toy that you can fill with water or sand. If a sand pit you can bury 'treats' in there (hide and seek) and this is also great for a dog that likes to dig as it gives them a place to dig (one of my guys loves this game, I do it first thing in the morning before work and he can't wait for us to leave so he can get out there).

In summer it makes a great 'splash pool' to cool off in. (doesn't have to be a clam there are lots of variety out there)



6. **The 'Ball Pit'.** Using the clam (or other 'sand pit') fill it with some soft balls (Kmart has bags of 100 for about \$8.00) drop in some treats or kibble.



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7. **Rubber floor mat with 'holes'** simply place outside on a hard surface and sprinkle their food through it. They will have to work harder to get all the food



8. **Snuffle mat** - this is similar to the rubber floor mat but is 'woven' with material, can make your own or buy them (online), again you can sprinkle food/treats through the mat. (great for your older dogs)



9. **Home made tug/toss toy** – can be made from old tee-shirts, towels, jeans, tea towels etc simply cut into strips, plait and tie off each end (plus you can throw them in the wash if they get 'manky')

10. **Sock toy** – use an old (clean) sock, put a tennis ball or similar inside and tie a knot under the ball



11. **'PVC' interactive feeder** - get a piece a PVC pipe (approx. 30cms depending on the size of your dog) and 'lids', then drill some random holes around the pipe, fill with some kibble or treat, put the ends on and give to your dog



12. **'PVC' swing toy**- as above but drill a hole through the middle, insert a piece of dowel and attach each end of the dowel to a frame (I made this one using PVC), alternatively you can use the same concept but use empty plastic water bottles (600ml)



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13. Tree swinging toy- if you have a tree (must be sturdy)

- Tie a rope and knot the end nearest the ground just a little higher than your dog (can have as many knots as you like)
- Tie some stuffed chew toys and hang down a little higher than your dog (this takes a LOT of energy to get to all the good stuff)
- Tie a rope with a ball or 2 of different sizes

14. Cardboard box hide and seek – you need some boxes (shoe boxes are great).

You can do this inside or outside, just place a few boxes around the yard (or inside) upside down, on their side (doesn't really matter) and hide a few things in some of them such as food or a favourite toy.

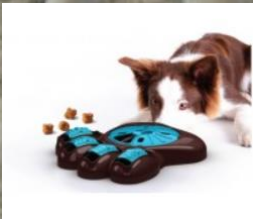
15. The Bubble wand- you can make your own using some dishwashing liquid or these are really cheap to buy at discount & chain stores...simply wave around to create bubbles and watch the fun begin (great for a big energy use when your short on time!)

FEEDING TIME ENRICHMENT IDEAS - These are good for when you have to leave the house or head off to work in the morning (or even when you're home)

1. **Dry food (biscuits):** instead of putting in a bowl, scattering these on the back lawn. This encourages the dog to search for his/her food and requires some mental energy. Great for dogs that 'inhale' their food as it slows things down and gives them a job to do.
2. **Starmark Everlasting treat ball:** *this is one of my personal favourites-* extremely tough but really soft (fill them with their breakfast or few treats)



3. **Aikou (IQ) dog feeder-** put some of their food in each of the sections- they have to work out how to open each one to get the food out



4. **Kong-** put their dry food in the kong and seal the end with a little peanut butter. This will make them work for their food

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5. **Kong** – Put their wet food in the kong, similar to the dry food idea. Another variation is to fill with wet food and freeze. Give to them frozen as this will take a while and effort to eat.
6. **A nice raw meaty bone-** will keep them occupied for ages, for small or older dogs, chicken wings make a good alternative (you can always break down the bones a little by using a meat mallet) do select bones appropriate for the size of your dog - you can always freeze the bone as well (**NEVER GIVE COOKED BONES**)

**It's important when using food not to overfeed your dog
A great way to avoid this is to use their daily food 'allowance' in these enrichment ideas**

