

## Enrichment ideas

Enrichment allows dogs to express normal behaviours through physical exercise, manipulative activities, and cognitive challenges, decreasing stress which in return makes for a happier dog.

They give the dog a 'job to do' & engage the natural instincts (foraging, digging, eating etc)

Many can be used for

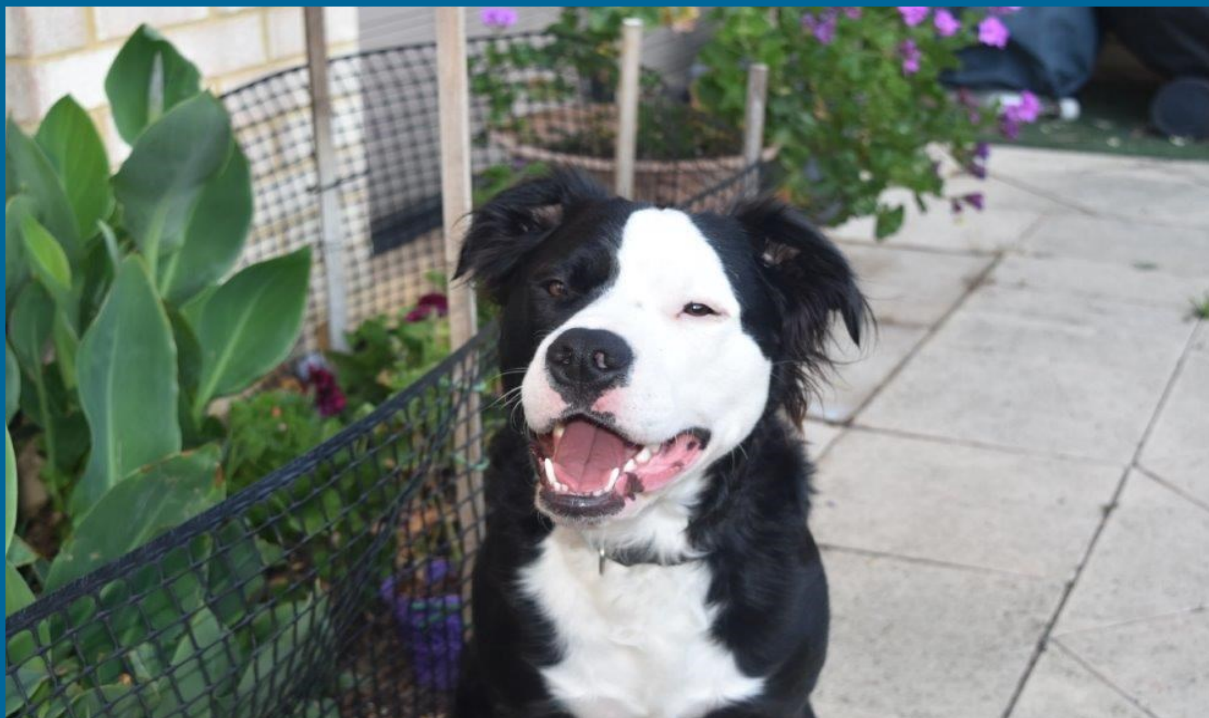
'Home Alone' time and some, such as tug toys you can do with them

***Don't leave these unsupervised in case they consume them***

You can try out something different every day, use more than one idea at a time or just use a few favourites depending on what your dog enjoys.

There are a lots of 'DIY' ideas as well as some of my favourite 'commercial toys' & of course so many other things you can add/do

Below is a guide to just a few different ideas that you can add into your dog's daily life .



Remember every dog is their own unique being & they will each enjoy different things

Have fun experimenting with 'stuff' your dog enjoys

Shared with you by 123 Paw Dog Training & Behaviour

# Enrichment ideas



## Empty toilet rolls and paper towels.

This is a simple chew toy or you can place a few treats or their breakfast in the rolls and fold over the ends.



## What's in the box

Any box without a lid is great (shoe box, tissues box and so on) simply put them standing upright in a cardboard box drop a few treats (food) in there for them to find



## 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'



## 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 you're short on time!)



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## Ice blocks (great for warm weather)

Simply freeze some goodies into water or a stock 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



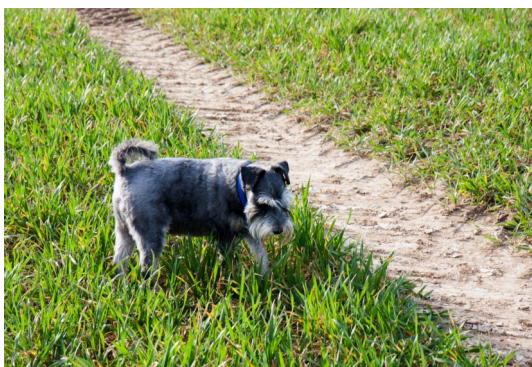
## Muffin pan ball game.

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

## 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



## BREAKFAST SCATTER':

Instead of putting in a bowl, scattering their breakfast 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.

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## Snuffle mat

This is similar to the rubber floor mat but is 'woven' with material, can make your own or buy them (online),

Simply sprinkle food/treats through the mat.

This is also great for older dogs!



## Sock toy –

use an old (clean) sock, put a tennis ball or similar inside and tie a knot under the ball



## Homemade tug/toss toy

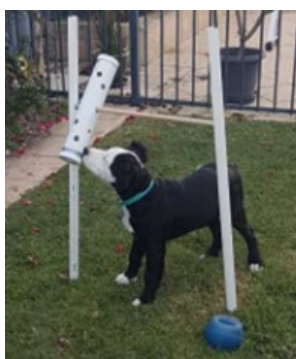
can be made from old t-shirts, towels, jeans, tea towels etc simply cut into strips, plait and tie off each end (plus you can throw them in the wash if they get 'manky')



# Enrichment ideas

## 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



## 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 using PVC), alternatively you can use the same concept but use empty plastic water bottles (600ml)

## The 'clam' sand pit.

These make a fun toy that you can fill with water or sand.

(or both for some'mud')

In the sand pit you can bury 'treats' & toys (hide and seek) and this is also *great for a dog that likes to dig* as it gives them a place to dig. – do make sure it is in a shady area during warm weather as the sand can become extremely hot



## 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/chicken etc (whatever your dog likes, then they have to search through to find

# Enrichment ideas

**Kong-** put their food in the Kong and seal the end with a little peanut butter/cheese etc (something the dog likes)

You may need several if wanting to put all the breakfast allowance in there depending on your dog

**Frozen Kong:** Put their wet food (or biscuits with a little water or liquid\_ and Freeze over night

This will take them a while to work and get their breakfast



*If using peanut butter check it **DOESN'T** contain **Xylitol***



## **Wobblers /'Bob-a-lot'**

These toys are made by a few different brands but is essentially the Same, place dry food/treats inside and screw of the lid, the toy has a rounded base so it moves (a lot) and the dog has to work constantly to get the 'treats' out

## **Hind n seek-**

Hide some good 'food' or some favourite toys around the yard, hidden on/under/ in things – this could be as simple as placing them on outdoor chairs- this can be made as easy or hard as you like you will have to introduce your dog to this idea first so that they understand the concept – it's a lot of fun to watch & of course uses a lot energy while they 'hunt & gather'

*(I often hide 'stuff' in the sand pit )*



## **The Lickimat**

*LickiMat* releases calming, pleasurable endorphins in both cats and dogs. Repetitive licking is a natural way of relaxing your pet. Just spread your dog's favourite treats or moist food on their *LickiMat*

# Enrichment ideas



## More from LickiMat...

*LickiMat* has a great range of products in addition to the original 'lickimat' (now with the tuff & pro tuff series) from various bowls and keepers (that can be used with any lickimat) to slow down our fast eaters, the 'UFO' which is great to use with nail trims, grooming, baths and car rides



## West Paw TOPPL & RUMBL

*These are one of my favourite treat toy puzzles...can be filled with the normal food,, frozen stuff, treats etc and connected together to increase the difficulty.*

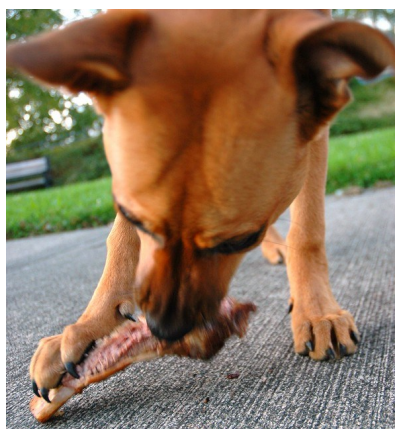


# Enrichment ideas

**Aussie Dog Home Alone toy -**  
this is great as it is a swinging  
toy with a tug and ball (to fill  
with treats/biscuits)

It **MUST** be attached to some-  
thing sturdy and reachable for  
the dog

*I recommend that it be at head/  
shoulder height to avoid the dog  
jumping up or hanging on which  
can put stress on muscle & joints*



**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 mal-  
let) do select bones appropriate  
for the size of your dog - you can  
always freeze the bone as well  
**(NEVER GIVE COOKED BONES)**

Many of these ideas can be enjoyed by the dog without your supervision however if  
**you are introducing anything new always supervise your dog!!!**

Some dogs are great with lots of stuff but some are 'consumers'... the last thing you  
want is a trip to the vet because 'Fido' ate the chewy rope

But mostly just have fun trying out new things

