



Welcome to your new furry friend's life! Enriching your dog's environment is essential for their well-being. This guide provides simple and effective ideas to keep your dog mentally and physically stimulated.

What is Enrichment?

Enrichment at its core means improving your dog's overall quality of life by giving them things that keep them happy, healthy, and fulfilled. Enrichment activities stimulate your dog's mind, body, and senses while giving them a healthy outlet for their natural behaviors. These activities can prevent boredom, alleviate anxiety, and prevent behavioral issues. They help keep your dog happy and healthy!

Why is Enrichment Important?

- Mental stimulation helps reduce anxiety, boredom, and destructive behaviors
- Physical activity keeps dogs fit and reduces the risk of obesity
- Strengthens your bond with your dog by providing positive shared experiences

Types of Enrichment

- Physical Enrichment - Keep your dog active with activities like:
 - Daily walks and hikes
 - Interactive play (e.g., fetch, tug-of-war)
 - Agility training with DIY obstacles
- Mental Enrichment - Engage your dog's brain with:
 - Puzzle toys (e.g., Kongs, treat-dispensing balls)
 - Scent games (hide treats or toys around the house and let your dog search)
 - Training sessions (teach new tricks or reinforce old ones)
- Sensory Enrichment - Appeal to your dog's senses with:
 - New scents (take your dog to a different park, or expose them to various textures)
 - Visual stimulation (interactive toys with movement or changing patterns)
 - Auditory enrichment (dog-safe music, or nature sounds)
- Social Enrichment - Provide opportunities for positive social interactions with:
 - Other dogs (if your dog is social, arrange playdates)
 - New people (invite friends and family to meet your dog in a calm setting)

***If you have just adopted a dog, it is advised to wait until they are settled in before introducing them to new people or animals**

Enrichment Product Links

(Choose the appropriate size and durability for your dog)

- Kongs
 - Medium durability and size kong
 - Puppy kongs
 - Extreme Chewers
- Puzzle toys
 - Pupsicle toy
 - Snoop
 - Dog treat puzzle
 - Freezable Bones
- Other enrichment items
 - Flirt Pole
 - Lickmats
 - Licking bowl
 - Snuffle
 - Virbac dental chews
 - Scent work tins



DIY Enrichment Tips

Pupsicles

What you'll need:

- A plastic cup
- Wet food
- Their regular kibble
- Treats (optional)
- Water

Instructions

- Place 1 spoonful of wet food inside the plastic cup
- Place ¼ cup of kibble into the plastic cup
- Add a couple treats (optional)
- Fill the cup almost to the top (leaving about an inch of space) with water
- Place in freezer
- When you want to give it to your pup, remove the frozen cup and soften the edges with warm running water, then remove the frozen contents of the cup and give it to your dog. It's important to make sure to REMOVE the plastic cup before serving and monitor your dog while they enjoy the treat
- TIP: If you are concerned about your dog's daily food intake, take the ¼ cup of kibble from one of their meals

Stuffed Paper Bags with Beef Sprinkles

What you'll need

- Paper bags
- Newspaper
- Beef sprinkles (or alternative safe treat option for your dog)

Instructions

- Rip up strips of newspaper and bunch them up
- Place the bunched up strips inside of a paper bag
- Sprinkle in some beef sprinkles (or use your preferred food topper or dog treat)
- Roll down the top of the paper bag

DIY Puzzle Meals

What you'll need

- Cardboard items such as boxes, paper towel rolls, or egg cartons
- Brown Kraft paper or newspaper (optional)
- Your dog's regular kibble

Instructions

- Place the kibble in your chosen cardboard container. For dogs who are beginners with puzzle toys, start simple by placing the kibble in a cardboard box and leaving one side open. Once they understand the concept, gradually increase the difficulty
- When using egg cartons, divide the kibble between the compartments and close the lid. For paper towel rolls, fold one end, place some kibble inside the tube, then close the other end
- Increase the difficulty by stuffing kraft paper or newspaper into the container. This also gives your dog a safe and appropriate outlet for ripping and digging

