

Enrichment 101



What is Enrichment?

Enrichment is the process of providing a stimulating environment for animals, allows them to perform species-typical behaviours. While also enhances your dog's wellbeing and fulfilling their individual needs.

Purpose -

- Provides a suitable outlet for your dogs natural behaviours
- Reduces boredom, destructive behaviours
- Builds positive associations with different environments
- Teaches self soothing
- slows eating down, reduces changes of bloat and improves digestion



FORAGING

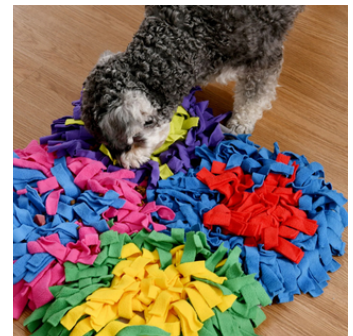
Empty egg carton -

- scatter kibble in carton, addition of peanut butter
- Allows the dog to forage, bite and dissect which are natural behaviours
- You can make it harder by tying some string around the carton



Snuffle Mat/Scatter Feed

- Scatter food on snuffle mat or on ground outside
- Can scatter on grass, makeshift snuffle mat
- Encourages your dog to use their nose



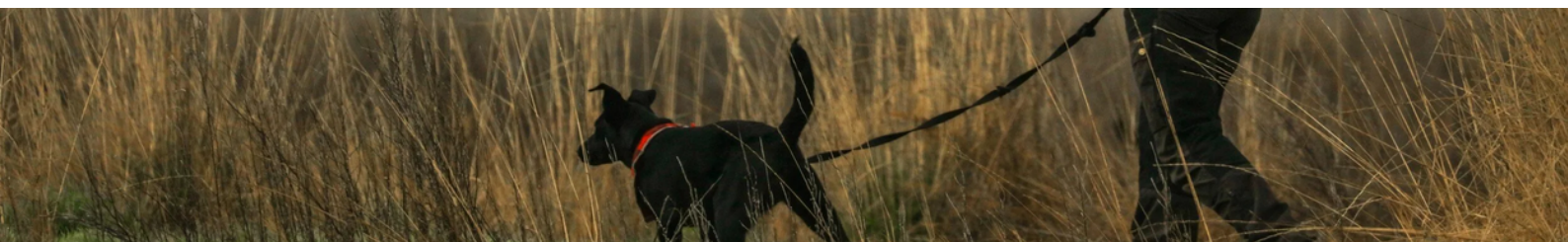
LICKING

Lick mat or Kong -

- crack egg onto mat - microwave for 45 seconds, wait to cool, give to dog
- Allows the dog lick and work for their food, licking is a calming activity
- Other options - greek yoghurt, single ingredient baby food, peanut butter, meat mince

CHEWING

- KelpyBones/Benebones/BullyMake Chews/Happy Staffy Co Chews
- Cardboard boxes
- Bully sticks
- Goat horns
- Cow hoofs



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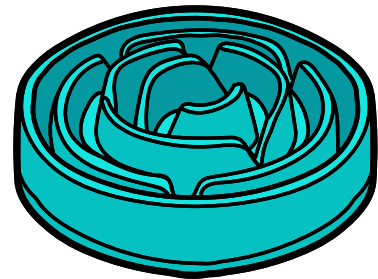
Adjustments to Daily Routine

- Incorporate enrichment activity throughout your dogs day
- Replace your dog's bowl for breakfast and dinner with a slow feeder
- Scatter your dogs kibble on a snuffle mat or the grass in your backyard
- Hand feed your dog! Use dinner as an opportunity to train and practice engagement

More Recommended Enrichment Strategies

Training Games -

- Head into your backyard or living room and practice recall!
- Using your dogs dinner or treats, ask your dog for simple known behaviours like 'sit', 'wait', 'come'
- Use these moments to teach new behaviours like a nose touch
- Reward your dog for sitting on their bed calmly
- Finish training session with scatter feed of remaining food



Slow Feeder -

- Mix up your dog's dinner and fill into slow feeder
- Option to freeze slow feeder make it more enriching for your dog
- Use slow feeders to make frozen snacks to keep your pup busy
- Use for crate training, mat training, or settle training

Puzzle Toys -

- Look at puzzle toys at your local pet store or Kmart
- Use small pieces of kibble or treats
- Start easy and show your dog where to start



Interactive Games -

- Tug of war
 - Key is to let your dog win and keep the game short to reduce any frustration

Scent-work / Nose-work

- Hide treats in the garden or house
- Teach your dog to sniff it out
- Recommend "The Doggy Lady"
- Hide & seek (you or toys/treats)
- Treat scatter in grass ("find it" game)



Let them dig!

- We can do this at the park, at the beach or at home.
- Shell pool + sand = Your dog's personal sand pit
- Pop some dried treats at the moment and encourage them to dig!