

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



Benefits for the carer -

- Reduces your pet's generally anxiety, helps fulfil your dog's needs
- Allows your dog to stay busy when you need a break
- Strengthens your relationships with your dog



Recommended Enrichment Strategies

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 to keep it closed

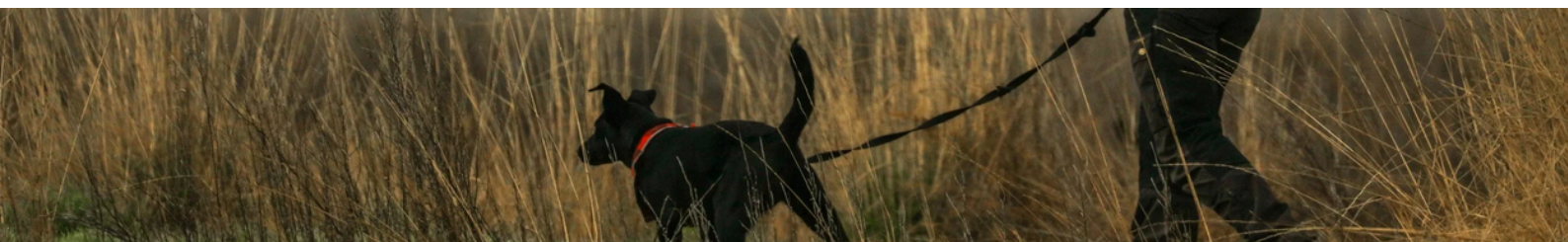
Lick mat or Kong -

- 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



Rucksack Walk -

- Fill a backpack with a long line, dog chew, snacks, and novel items
- Head out to somewhere like a park, beach or bush walk
- Take a break during your walk to sit down with your dog and do something enriching
- Such as, scattering some treats on a snuffle mat or through the grass



Enrichment 101



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

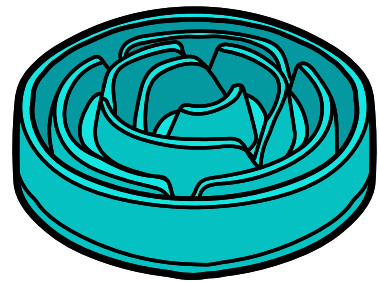
More Recommended Enrichment Strategies

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

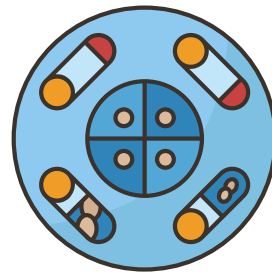
Slow Feeder -

- 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 -

- Play hide and seek with your dog!
- Ideally in the home to start and progress to outside once your dog has reliable recall

Novel Outings -

- Go out to a new novel place
- Sniffy walk
- Such as a sniff space or wookie dogs adventure playground

Doggie Activity -

- Look into doggie activities like:
 - Scent training
 - Hoopers or agility training
 - Dog sports - like swimming or jumps

