

LICKIMAT

ENRICHMENT FOR PUPPIES



AND DOGS TOO!



WHAT IS ENRICHMENT?

Enrichment is important in everyone's life, not just your puppy, but yours as well.

Enrichment is adding something to your day that fulfills natural behavioural needs. In this case, we are talking eating, sniffing and licking for your puppy. However, enrichment can be many things. Not just food.

Enrichment for humans might be your favourite hobby, reading a great book, playing sport or going for a walk.

WHY IS ENRICHMENT IMPORTANT FOR PUPPIES?

Allowing puppies to participate in and exhibit normal, natural canine behaviours like sniffing, licking and scavenging for their food helps prevent boredom and reduce anxiety. It is also a valuable training aid for things like crate training and conditioning your puppy to new and novel things.



WHAT ARE OUR LICKIMAT MUST HAVES FOR PUPPIES?

Here at Gold Coast Pet Butler we have tried and tested many enrichment activities for puppies. Plenty hit the mark and some don't.

Lickimats are a firm favourite and we have listed our top 4 varieties which we think are puppy enrichment must-haves!

WHAT IS A LICKIMAT?



Lickimats are rubber mats with ridges and bristles that you spread your dog's food (or treats!) on top of. Your dog then licks the food off.

As Lickimats are flat, your dog is not able to pick up food with his mouth and must use his tongue instead. The result... it takes much longer to eat all the food and provides valuable mental stimulation!



1. Lickimat TUFF Soother - a durable flat lickimat - dishwasher safe.

2. Slo-dog feeder plate - great for gulpers to slow down feeding time.

3. Lickimat Wobble bowl - a moving, interactive food bowl.

4. Lickimat UFO - has 7 suction caps to attach vertically to a wall or bath when grooming/ bathing/ hydrotherapy.



WHEN SHOULD I USE A LICKIMAT?

- When you want to calm and soothe your puppy ie: at "witching hour" to settle the zoomies and biting or to help settle them following a middle of the night toilet run.
- When we want to build positive associations in your pups mind about things they encounter in the world such as grooming, handling and bathing. Pups are not born loving bath time. We need to teach them grooming and bathing is great. Building positive associations by pairing food your puppy LOVES with an event (such as grooming time) is how we do this.
- As a boredom buster tool to give your puppy something appropriate to do. Instead of your puppy finding something else to do that you may not like so much!
- Lickimats are perfect first thing in the morning for a bitey puppy to eat breakfast from. Giving you valuable time to get ready for work or school.
- A Lickimat will help slow down pups who gulp their food down.



WHAT CAN I PUT ON A LICKIMAT?



QUICK SINGLE INGREDIENT OPTIONS

Greek Yoghurt	Cream Cheese	Canned Fish
Raw Egg	*Banana mashed	Minced Meat / Ready made dog food
Peanut Butter *	*Honey	Tinned Dog Food

- Peanut butter should not contain Xylitol, which is found in sugar free spreads. As it is toxic to dogs.
- Bananas and Honey are high in natural sugars so should be given in moderation. Small amounts are great to add a sweet twist to another topping.

MULTIPLE INGREDIENT OPTIONS

If you want to be a little more creative you can start adding multiple ingredients. So consider adding some of these suggestions along with those in the single ingredient options mentioned previously.

Steamed Sweet Potato	Steamed Pumpkin	Steamed Carrot	Steamed Broccoli
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You can use raw vegies and cuts of meat of course. However, they need to be chopped VERY finely. So grab out the food processor and blitz it up! Then mix it with other ingredients to help the veg stick to the Lickimat or add a little water when blitzing to make a paste like consistency.

Prime 100 Roll	Fish pieces	Raw meat pieces
Apple	Carrot	Blueberries
Green Beans	Broccoli	Pear



Prime 100 Chicken paste

FREEZE FOR FUN!

Freezing your Lickimats once they have been topped adds more lasting enjoyment for your puppy.

Suggestions for freezing are;

Creamy Creations

Pour or spread over the lickimat and freeze

Greek Yoghurt
Low fat cream cheese
Goat Milk

Tuiti Fruiti delights

Blend blueberries, strawberries, raspberries, apples, with water or yoghurt. Pour or spread over the Lickimat and freeze.

Mighty Meat

Make pet friendly bone broth (ie no onions) or store bought and pour over the the Lickimat and freeze

WHAT IF YOU FEED DRY FOOD ONLY?

If you feed a dry food diet to your puppy, you can add some healthy fresh food options using the Lickimat. You can then add some dry food by squishing it down in the fresh food over the mat.

Another great option is soaking the dry food in hot water, allowing it to cool and mixing it with the fresh food before spreading it all over the mat.

If the mix is a little on the dry side simply add some water so it is a paste-like consistency.

If your puppy gulps their dry food, the Slo-Dog plate is for you!

Simply spread the dry food into the little dents on the plate and let them go for it.



CLEANING YOUR LICKIMAT

The TUFF range of Lickimats is dishwasher friendly. Give them a good rinse if required and place them in your dishwasher for the ultimate clean.



The rest of the range can be cleaned by soaking in hot soapy water and scrubbed with an old toothbrush to get into those little grooves.

Then they are ready for your next Lickimat prep session.