

CANINE ENRICHMENT: KEEPING FIDO FULFILLED

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What is canine enrichment?

Mental stimulation to enhance a dog's life and well-being

Goes beyond providing food, water, shelter and other basic needs

Mental exercise is just as important as physical exercise



Benefits of canine enrichment:

Mental stimulation gives dogs an outlet for their energy

Increases problem-solving, positive social interaction, health and welfare

Helps reduce boredom, hyperactivity, behavior problems, and more!



FOOD PUZZLES & CHEWS

Toys or puzzles that challenge pets to find & release the food inside

Commercial products:

- Wide variety available
- Range of shapes, sizes, difficulties



Chews:

- Bones & antlers
- Bully sticks
- Rubber toys
- & more!



DIY:

- Empty plastic containers
- Muffin tin
- Tennis ball
- Towel or blanket
- PVC pipe
- & more!



GAMES

- Fetch
- Find It
- Hide & Seek
- Chase / Tag
- Obstacle courses



TOYS

- Flirt pole
- Rope toys
- Squeaky toys
- Freeze toys in ice



TRAINING

- Classes
- Tricks
- Nosework
- Clicker training
- Basic behaviors
- Increased difficulty



SPORTS

- Agility
- Flyball
- Treibball
- Dock diving



MORE ENRICHMENT IDEAS

- Group walk / play date
- Visit a new place
- Take a new walk route
- Provide a spot to dig
- Allow for sniff breaks
- New sights, sounds, smells



Never leave a pet alone with anything that may create a choking hazard or could cause injury. Also, be sure to do things your dog actually enjoys, and always introduce any new activity in a positive way!

