



ENRICHMENT IDEAS FOR YOUR DOG

Mental Stimulation

Get them working for their food - Banish the bowl!

Enrichment feeding options:

- Kibble in cereal boxes, egg cartons, tissue boxes etc
- Feed from various treat dispensing toys (e.g. Kongs, Kong wobblers, busy buddy toys, Aussie Dog toys etc)
- Put a chicken neck in a Kong
- Peanut butter/vegemite smeared on the inside of a Kong
- Throw food out on the grass (do occasionally)
- Bones (in replacement of meal, not in addition to)
- Hide treats around the home/yard

Training – practice basic obedience exercises as much as possible – even 5 minutes a day can make a big difference!

- Regularly replace a walk with a training session!
- Implement NILIF (Nothing In Life Is Free)– in order for your dog to get something that they want (e.g. attention, pats, food, a walk, jump up on the couch/bed), they must first do an exercise that they know.
- Practice known obedience exercises in different scenarios, such as: sit to greet visitors or family members coming through the front door, sit/drop before clipping lead on to go for a walk/get in the car etc, sit before walking through a doorway, sit before having the ball thrown or playing with the toy.
- Teach tricks

Go for a car ride with the windows down!

Physical Stimulation

Mix up the physical exercise routines!

- Minimum 30 minutes exercise daily.
- Have 3 or 4 different walking routes, and alternate them daily, and/or walk them in reverse.
- Once or twice a week, do a half hour training session instead of going for a walk.
- Once a week, teach and play fetch or tug of war for half an hour instead of going for a walk.
- Play fetch for a few minutes before a walk to help reduce excitement
- Doggy play dates! Organise a regular day for your dog to spend the day with their doggy friend

Moral of the story: Mix it up & keep it interesting!

Written by Tammi Willersdorf - Four Paws K9 Training 2014