

mental/
for dogs
enrichment



what is mental enrichment for dogs?

Dog enrichment taps into innate behaviors and instincts. Activities like smelling, licking, chewing, scavenging, and chasing in order to complete a task are all mentally stimulating to your dog.

Enrichment is designed to challenge your dog's brain. They'll need to assess the situation at hand, figure out what the goal is, and how best to solve the challenge. In the process, they'll problem solve and gain confidence.

why is mental enrichment for dogs so important?

1. It gives your dog a positive outlet for the innate behaviors they want to engage in. If they have an opportunity to sniff, dig, chew, etc. on things productively, they'll be a lot less likely to do so on their own
2. It challenges your dog's brain allowing them to sharpen existing skills, learn new skills, and be more confident in their ability to solve problems in the future.
3. It tires them out. While mental exercise is not a substitution for physical exercise, it's a great addition to it because it leaves your dog satisfied and relaxed.
4. Because enrichment activities are low impact but high effort, they're a great option for times where weather, injury, or travel limit how much physical exercise your dog can get.

how much mental enrichment does my dog need?

While factors like age, breed, and size affect this general rule, the consensus is that the average dog should spend 20% of their day engaged in an activity. That works out to about two hours per day. When you factor in walks, play sessions, and training sessions, you're usually left with about 20-30 mins per day that can be filled in with enrichment and mental exercise.

Again, every dog is different and has individual needs. If your dog is healthy, an appropriate weight, showing a good disposition, and not engaging in unwanted behaviors, it's likely they're getting enough enrichment and activity.



how to give your dog mental enrichment

#1: Go on sniff walks: let your dog's nose be the guide



#2: Put your dog's meals in a snuffle mat

#3: Play games like hide and seek, the muffin tin game, and the towel game

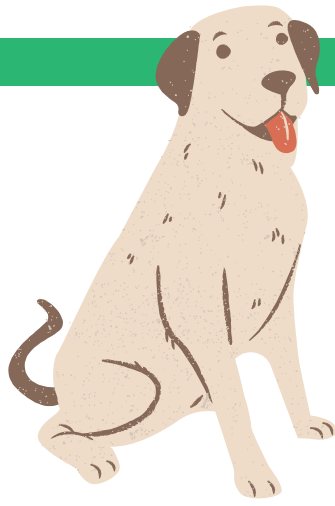


#4 Get enrichment toys - like puzzles, mats, chew toys

#5: Give your dog a long lasting chew



#6: Make a delicious recipe and put that into a Kong or Sodapup toy.



enrichment recipe

Banana PB Pupsicle



5-7 oz plain greek yogurt

1/4 cup peanut butter (xylitol free)

1 banana

Bully Stick

Sodapup Toy

1. Blend the yogurt, peanut butter, and banana
2. Add to Sodapup toys
3. Stick bully stick into the mixture
4. Freeze for 2-3 hours
5. Let your dog enjoy!

the muffin tin game



You'll need:
A muffin tin
12 tennis balls
High-value treats

To play:

- Sprinkle treats in the muffin tins
- Cover the tins with tennis balls
- Release your dog to find the treats in the tins (make it easier or harder by putting treats in a few or all tins to find)

the towel game



You'll need:
An old towel or rag
High-value treats

To play:

- Sprinkle 10-20 treats in an old towel
- Roll up the towel and even twist the ends
- Release your dog to move the towel around and hunt for all of the plants

the best treats, chews, and toys

TREATS

You use dog treats for a lot of different things: training, extra special rewards, and enrichment games to name a few. Because treats should only make up around 10% of your dog's daily calories, you want to make sure the treats you are giving your dog are low in calories, high-value, natural, and have high-quality ingredients.

Pupford's Freeze Dried Training Treats are just that, low in calories, three or less ingredients, and small enough for repetitive rewards.



For an extra special treat, try Pupford's single ingredient jerky's. Simple, natural ingredients, zero fillers, sugar, or junk, and can easily be broken up.

CHEWS



Long-lasting chews are perfect for redirecting problem chewing and biting and for everyday use. When giving your dog a chew, choose one with safe and healthy ingredients that improve health, are naturally made, and help clean teeth and remove tartar and plaque. Check out Pupford's full range of dog chews.

ENRICHMENT TOYS

Canine enrichment is a powerful way to improve behavior, increase calmness and work your dog's brain!

Enrichment toys for dogs are simple, easy-to-use tools that make giving your dog some enrichment a breeze. We carry a full range of Lick Mats, Snuffle Mats, Flirt Poles, and Enrichment Chew Toys.



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enrichment toys,
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