

# Enrichment Guide



Slow Feeder: Used for meals to slow down eating.



Snuffle matt: Used to encourage dogs to sniff for their food and work their minds. I love to use this for meal time.



Wobble Kong: Dogs have to knock it over with their paw for food to come out. Works their minds. I love to use this for meal time.



Regular Kong: Stuff with wet food and freeze. You can prepare the night before and hand out the next day. Expends energy and calms by licking and sniffing.



Cardboard boxes with newspaper and treats inside. Inexpensive alternative to snuffle mat.



Flirt pole: Like a large cat wand. Helps dogs that like to chase have a outlet for the behavior in a positive way.



These are some of my favorite tools BUT you can make enrichment out of anything that you have lying around. It doesn't have to be super expensive or complicated to meet your dogs needs. You'll be surprised how much calmer your dog will be using these methods.