

Enrichment feeding (Dog time)



Dog time is all about giving your dog opportunities to do things they love, that release lots of happy hormones, encourage calm, and ultimately help to empty their bucket.

Licking

- Lickimats
- Kongs
- Stuffable toys

(You can use wet/fresh food for this or use special treats!)

Chewing

- Kongs
- Long lasting, edible natural chews
- Rubber chew toys
- Wood chews
- Carrots

Sniffing

- Scatter their meals on the grass and let them sniff it out
- Hide food around the house for them to find
- Follow their lead on a walk, let them stop and sniff as much as they want to
- Hide their toys for them to find

Shredding

- Hide some food in empty cereal boxes, loo roll tubes, etc. so they have to pull them apart to get to their food
- Wrap treats in packaging paper or hide them in paper bags

Digging

- Hide toys or treats in towels
- Hide toys and treats in cardboard boxes full of safe recycling
- Get them a sand pit!