

MENTAL ENRICHMENT

Our top mental enrichment tips to keep your dog
happy, tired and fulfilled.

BY BUBBAS DOG TRAINING



WHAT IS MENTAL ENRICHMENT



Welcome to the wonderful world of dog enrichment! Just like us, our dogs need a mix of activities to keep their brains buzzing, bodies active, and spirits high.

Enrichment involves providing activities that stimulate your dog's natural behaviours, such as foraging, playing, and problem-solving. Without it, dogs can become bored, anxious, and may develop unwanted behaviours.

Free
enrichment
ideas
throughout
this
resource!



WHY ENRICHMENT IS IMPORTANT

Here's some information about why us dog professionals bang on about enrichment so much!

MENTAL STIMULATION

Keeps your dog's brain active and engaged, preventing boredom and the mischievous antics that can come with it.

PHYSICAL EXERCISE

Helps maintain a healthy weight and improves overall physical and mental health.

EMOTIONAL WELL-BEING

Reduces stress and anxiety, leading to a happier, more content dog.

BEHAVIOURAL HEALTH

Promotes good behaviour by providing an outlet for natural instincts and energies.

TYPES OF ENRICHMENT ACTIVITIES



FOOD AND FORAGING FUN



Natural chews are great for enriching your dog and also for their health! Give them one to keep them occupied during the day, or even whilst you're watching TV in the evenings! Always supervise your dog with these and make sure they have access to fresh water.



Snuffle Mats are a really great and simple enrichment activity that you can provide your dog. Have a look online to buy one, sprinkle in some treats and allow your dog to search them out!



If you're stuck for time, throw your dog's dry mealtime food into the back garden for them to search for. This doubles up enrichment with feeding time and will tire your dog out too!

PUZZLES & GAMES



Puzzle toys are a great form of enrichment for your dog. They can be bought online or you can make your own. Your dog must figure out the puzzle to get the reward hidden in it!



Doing activities such as agility, hoopers, mantrailing can be really enriching for dogs. Attend a local class or make use of a local dog field that has equipment on. Make sure your dog is fit and healthy to do anything physical though and over 12 months old for agility!



Teaching your dog to roll over may seem pointless but teaching new tricks is a great way to mentally enrich your dog and build on that bond between you both!

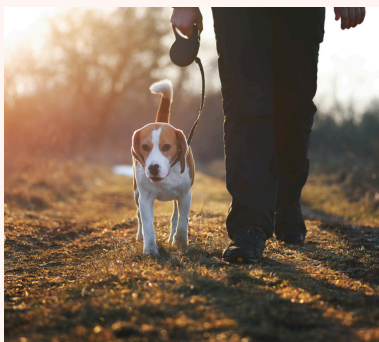
WALKS & SNIFFARIS



Incorporate Scent Work: Allow your dog to explore and sniff different scents along the way. Stop in various spots, such as grassy areas, trees, or bushes, to engage their natural instincts and provide mental stimulation.



Vary the Route: Change your walking routes to introduce your dog to new environments, sights, and sounds. Exploring different paths, parks, or neighbourhoods can offer varied sensory experiences and keep the walks interesting.



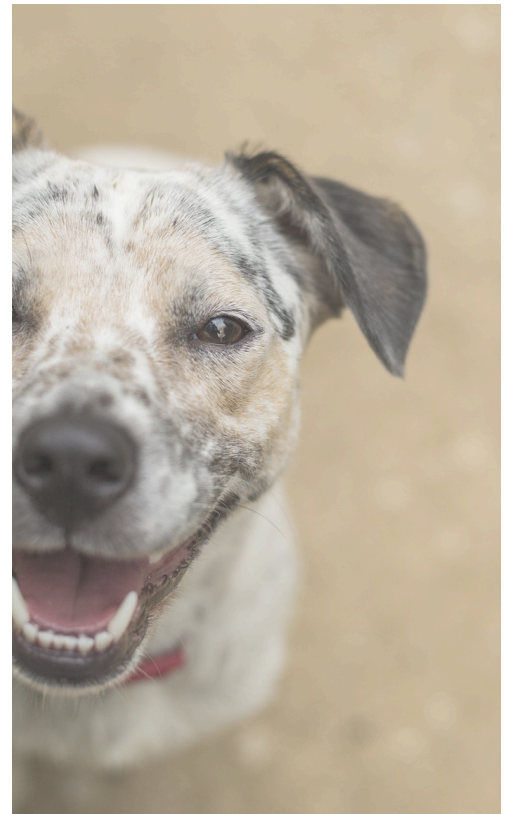
Interactive Play and Training: Include play and training exercises during the walk, such as practising commands, playing fetch, or using toys. This adds mental challenges and strengthens your bond through positive reinforcement and engagement.

At Home

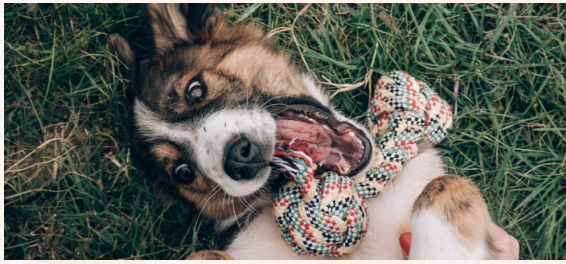
ENRICHMENT

- Muffin Tin Puzzle: Place treats in a muffin tin and cover them with tennis balls for your dog to uncover.
- Hide and Seek: Hide from your dog, call their name, and reward them when they find you.

- Frozen Treats: Fill a Kong or similar toy with peanut butter, yogurt, or broth and freeze it for a long-lasting snack.
- Teach a Trick: Spend a few minutes each day teaching a new trick like "spin" or "roll over."



Here's some fun enrichment games you can do with your dog at home! Get creative and have some fun!



Top 3

TRACKER

Write down your dog's top 3 favourite enrichment games. This way you'll have them handy to be able to repeat them.

It's completely normal for dogs to enjoy some activities more than other, keeping track of their responses will help you figure this out.

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2

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3

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Get In TOUCH

Are you searching for effective solutions to enhance your dog's obedience and address challenging behaviours? Look no further!

At Bubba's Dog Training, we specialise in providing personalised 1-2-1 services tailored to meet your dog's individual needs.

Your dog deserves individualised care and attention. Our 1-2-1 training sessions ensure that your dog receives focused guidance and support every step of the way.

We believe in a customised approach to training. Whether your dog needs help with basic obedience, socialisation, or specific behavioural issues, we'll create a tailored training plan to address their unique requirements.



DO YOU NEED
MORE HELP?

SCHEDULE A FREE
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