

Having Fun with Enrichment

Enrichment is a fundamental part of the well-being of our dog. The 5 Freedoms were established by the Farm Animal Welfare Council for the humane treatment of all captive animals. The 4th freedom to Express Normal Behavior is where enrichment is key. Dogs are domesticated animals which means we humans have significant control over their daily activities. Dog's no longer have the choice to wander, explore, and satisfy their natural instincts. As dog owners we are responsible for providing our dogs options to satisfy their natural instincts and sensory inputs to create healthy well-balanced dogs.

Elements of Enrichments:

- ❖ Physical
- ❖ Cognitive
- ❖ Social
- ❖ Sensory
- ❖ Food

The Five Freedoms

(Farm Animal Welfare Council 2009)

1. **Freedom from Hunger and Thirst**
By ready access to fresh water and diet to maintain health and vigor.
2. **Freedom from Discomfort**
By providing an appropriate environment including shelter and a comfortable resting area.
3. **Freedom from Pain, Injury or Disease**
By prevention or rapid diagnosis and treatment.
4. **Freedom to Express Normal Behavior**
By providing sufficient space, proper facilities and company of the animal's own kind.
5. **Freedom from Fear and Distress**
By ensuring conditions and treatment which avoid mental suffering.

ELEMENT DOG TRAINING

A Tired Dog Is a Happy Dog

This age-old adage used to imply that physical exercise was the key solving behavioral issues. In reality large amounts of physical exercise just creates a marathon runner. A healthy tired dog is one who gets to utilize all of their senses to satisfy their needs.

Enrichment is defined as “the action of improving or enhancing the quality or value of something.” This means that only the dog can determine what is enriching in their life. Experimenting with and exposing them to a variety of options to determine what your dog enjoys will be key in identifying what enrichment options is best for your dog.

- Physical Enrichment
 - Physical activities that you dog can participate in alone or with others
- Cognitive Enrichment
 - Activities that engage your dog brain. These includes items that require your dog to think, make decisions, solve puzzles, etc.
- Social Enrichment
 - Activities that involve interacting with others. This could be other dogs, cat, people, or other animals.
- Sensory Enrichment
 - Activities that utilize your dog's senses. Dogs sense of smell is between 10,000 to 100,000 times more acute than ours which may make it the most important scent to engage. Ear, Eyes, and Touch are the other senses that can be utilized
- Food Enrichment
 - Food items that your dog is able to enjoy.



ELEMENT DOG TRAINING

Social

- Dog-Dog play groups
- Dog-Dog group walks
- Dog-Person play
- Dog-Person Introductions
- Dog-Person quiet time

Cognitive

- Basic Obedience Training
- Trick Training
- Puzzle Toys
- Stationing Activities
- Calming Protocols
- Obstacle Training
- Quiet Kennel Behavior
- Dog to Dog or People DS/CC

Sensory

- Bubbles
- Nose work
- Sniffaries
- Surface Variation
- Auditory Variation
- Quiet Time
- Destruction Boxes/Items

Physical

- Fetch
- Tug
- Walks
- Water Play
- Swimming
- Chase
- Solo Toy Play
- Treadmill
- Obstacle Running
- Flirt Pole

Food

- Scatter Feeding/"Find It" Game
- Exploratory Stations
- Stuffed Toys (Kongs)
- Snuffle Mats / Treats in a Blanket
- Long Lasting Chews
- Slow Feeders
- Licky-Mats
- Frozen Treats
- Puzzle Toys
- Hand Feeding