



**SASSY PUPS**  
PROFESSIONAL DOG TRAINING

# Enrichment Tips for Puppies and Young Dogs

Enrichment is essential for the development and well-being of puppies and young dogs. It involves providing activities and environments that stimulate their minds, satisfy their instincts, and keep them engaged. Proper enrichment helps prevent behavioral problems, reduces stress, and promotes a healthier, happier pet.

## Types of Enrichment

### 1. Mental Stimulation

- **Puzzle Toys:** Toys that challenge your puppy to figure out how to get a treat or toy out. Examples include KONGs, treat-dispensing balls, and interactive puzzle games.
- **Training Sessions:** Short, fun training sessions that teach basic commands and tricks keep your puppy's mind engaged.
- **Hide and Seek:** Hide treats or toys around the house for your puppy to find.

### 2. Physical Exercise

- **Walks and Hikes:** Regular walks or hikes provide physical exercise and new sights and smells for mental puppy.
- **Playdates:** Safe, supervised stimulation.
- **Fetch and Tug Games:** These games provide an outlet for energy and promote bonding between you and your aydates with other puppies or friendly dogs help develop social skills and provide exercise.

### 3. Sensory Enrichment

- **Sniffing Adventures:** Allowing your puppy to explore different scents during walks or in the yard.
- **New Textures and Objects:** Introduce your puppy to various textures and objects like different types of dog-safe surfaces, toys, and household items.
- **Exposure to Sounds:** Gradually introduce your puppy to different sounds and noises to build confidence and reduce fearfulness.
- **Simple Scent Games:** Hide treats under a few cups and let your puppy use their nose to find them. Start with a few cups and gradually increase the difficulty.
- **Snuffle Mats:** Use a snuffle mat to hide treats in the fabric. This encourages foraging behavior and keeps your puppy engaged for longer periods.

## DIY Enrichment Toys

Creating your own enrichment toys can be easy and cost-effective. Here are a few ideas:

- **DIY Treat Dispenser:** Use an empty plastic bottle, cut holes in it, and fill it with treats. Your puppy will have to roll and manipulate the bottle to get the treats out.
- **Homemade Puzzle Box:** Use a cardboard box with smaller boxes or containers inside. Hide treats in the smaller boxes and let your puppy figure out how to get to them.
- **Towel Roll:** Roll up a towel with treats hidden inside. Your puppy will have to unroll the towel to find the treats. Tie the ends of the towel to make the game more complicated!

## Creating an Enrichment Schedule

Develop a daily and weekly enrichment schedule to ensure your puppy gets a balanced mix of mental, physical, and sensory activities. Here's a sample daily routine:

- **Morning:** 15-minute walk, 10-minute training session
- **Afternoon:** 20-minute play session, puzzle toy
- **Evening:** Sniffing adventure in the yard, 10-minute hide and seek treat game