



## DOGS GET BORED, TOO!

### Give your pooch regular mental and physical stimulation— or they'll figure out ways to get it themselves

Our pets crave stimulation just like we do—but we often forget that while we have busy lives that take us here and there and can occupy ourselves with technology, our dogs and cats really have nothing but us. Left unstimulated for the better part of the day, dogs will turn to barking at every little thing that they hear, chewing things that are not intended to be eaten, digging holes in the yard, and generally getting into trouble.

**Environmental enrichment** decreases boredom and the problems that arise from your pet having nothing to do or think about.



Instead of putting dry kibble a bowl to be inhaled, use food puzzles, food hidden around the house or in the yard, and food stuffed into toys to make the meal last longer.

Rotating toys helps continue stimulation. Take half of your pet's toys and put them away and rotate new ones in every few days to keep things more interesting.

Spend time training your dog to do new things! Teach your pet to kiss you on the cheek on command...roll over and play dead...jump through your hooped hands...or teach them to know the names of their toys. Pick something new to work on once the last trick or command is mastered.

Scent training is a great enrichment for dogs, and especially those on exercise restriction. Go to our website at [funkstownvet.com/resources](https://funkstownvet.com/resources) for several easy scent training games you can play with your dog, including "3 Cup Monte!"



**Being a Fear Free-certified hospital means we have specialized training in procedures, practices and tactics to help your pet be calmer and less fearful while in our hospital. You can find more information and pet training tips on our website at <https://funkstownvet.com/canine-enrichment/>**

