



# Is My PUPPY BORED?



your guide to puppy playtime



## Puppy Club

# Your puppy's enrichment!

Canine enrichment means making your puppy's living space more interesting and stimulating. Canine enrichment decreases the chance of pesky behaviours associated with puppy boredom.

These extra, fun activities with your pooch, help strengthen your bond and support a happier, more confident puppy.



# Signs your puppy may be bored

Barking

WOOF!

Changes  
in sleeping  
habits

ZZZZ

Excessive licking

Lack of  
appetite

Mood  
swings

Jumping

Howling

Tail chasing

Naughty  
behaviour

Pacing

## Some puppies are more visibly bored than others

Some puppies display several behaviours associated with boredom whereas others may display just one. Some signs can be very noticeable, while others are more subtle in nature. The key to success is getting to know your puppy's unique behaviour traits and temperament.

## Boredom Busting

Challenge your puppy mentally and physically every day to reduce boredom.

Bored puppies tend to have a lot of pent-up energy channelling this energy is essential to ensuring a happy puppy. Young pouches will require daily exercise, carried out sensibly according to their breed, age and capability. Sensibly exercising your pup will help to strengthen muscle and soft tissue to aid prevention of bone and joint disease later in life.

It's not just walking your pup, there are a variety of other ways you can bust the boredom.

Puppy training classes, obedience classes or puppy parties run by your local vet are a fantastic way of stimulating, socialising and enriching your puppy. Our **Lead the Way** puppy walking scheme is another great option.



## Provide socialisation and interaction

Socialising your pup, no matter their age, is extremely important. Introducing new and exciting things to a puppy will provide great stimulation. Some puppies are not so keen on making canine friends – it's important to find something your pet is comfortable doing.

### Take time to let them sniff!

Your puppy's senses will be heightened by their new surroundings and sniffing out new smells provides perfect stimulation both mentally and physically.



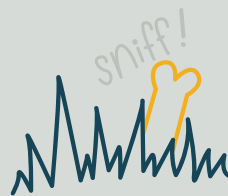
## Introduce toys

Ensure your puppy has plenty of toys to suit their needs. Some puppies like soft toys, others like to have a good chew on a durable rubber bone. Try hiding toys around the house and encourage your puppy to go on a treasure hunt.



### Puppies do not have to be fed from a bowl

Make mealtimes stimulating with some of these feeding ideas...



## Scatter feeding

Puppies are natural scavengers and lead with their nose. Scattering normal dry kibble in various places around the house will provide your puppy with mental stimulation and acts as a great boredom buster. Intensify their searching ability by moving this activity outdoors.



## Snuffle mats

Snuffle mats are a growing trend and are very simple to use. Simply ruffle up the mat, add in some food and watch as your puppy snuffles through the mat to get the food out. There are many different types of mats on the market. Feeling crafty? Make your own. There are numerous online tutorials.

sniff, Sniff, sniff.



## Hide and seek

Hide small portions of your young pup's daily food in various places around the house and encourage them to search. Hiding small portions in bowls behind doors and under tables will provide your pooch with plenty of entertainment.

You could take the game a step further. Roll up some food in a tea towel and let your pooch figure out how to unroll the towel to get their food.



## Puzzle toys

There are numerous puzzle toys on the market and plenty of variety to suit different budgets and different 'puppy ability' levels.

If your puppy is new to enrichment toys then start off with something simple. Once your pup is a puzzle expert there are more challenging feeders available.



## Lickimats

These mats are perfect for enhancing your pup's environment. The clue is in the name- these mats are designed to be licked!

Smooth some of our Penlan Farm Chicken, Vegetables & Brown rice over the mat, to create a tasty fun game with many health benefits. Lickimats can help to promote calmness as repetitive licking is a soothing behaviour for puppies. Licking also enhances a puppy's sense of taste meaning your pet can get a lot of satisfaction from just a small amount of food.



## Kongs

Stuffing a Kong with your puppy's daily kibble or Penlan Farm Lamb, Vegetables & Brown rice is a perfect way to make mealtimes more fun. Dry kibble can be soaked to make stuffing easier. Increase the level of difficulty for your puppy by freezing the Kong overnight.

Why not mix in a few tasty vegetables with the kibble to make your stuffed Kong more interesting?

You can also hide the kong and let your puppy search for it.



## Fruit & Vegetables friend or foe?

Fruit and vegetables should only form part of a puppies diet and should be fed in moderation.

Here is just a small example of puppy-friendly fruit and veggies as well as some to avoid. Always research the suitability of any fruit and veg before feeding your puppy.





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Developed by Veterinary Surgeon

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**Get on the puppy and bone**

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**Paw over an email**

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**Scamper by the website**

burnspet.co.uk and talk to us on LiveChat

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