

Daily *NEEDS* of Dogs

Essential Needs

Dogs need *2 to 5 hours of varied activities* a day. **Chewing, moving** and **playing** are essential, whatever their breed or age. **Physical exercise** is crucial, but **mental stimulation** is just as essential to their well-being.

A dog that gets enough exercise is calmer and less likely to adopt undesirable behaviors such as jumping, barking or destroying objects.

4 TYPES OF ESSENTIAL ACTIVITIES

Les activités se répartissent en quatre catégories essentielles au bien-être des chiens:
Physical, Mental, Chewing, Social.

Balance is key; if one activity is lacking, compensate with another. Remember, nothing fully replaces physical exercise; most dogs naturally have high energy levels and need daily physical activity.

PHYSICAL

- Use park benches, walls, rocks, trees, etc to do parkour.
- Play with a Flirt Pole.
- Bring your dog jogging in a quiet place or outside busy hours.
- Playing tricks and canine conditioning exercises indoors.
- Long line in quiet park or alleyway
- Renting a fenced-in private trail.

MENTAL

- Feeding with puzzle toys or slow feeders.
- Hide-and-seek games with treats or toys.
- Scent work like odor detection.
- 5-10 minutes training session

CHEWING

- Safe chew toys like Java wood or yak cheese.
- Bully sticks, pig ears, or cow hooves.
- Avoid rawhide due to choking hazards.
- Always supervise chewing sessions.

SOCIAL

- Arrange meet-ups with dogs of a similar temperament.
- Offer interactive games like tug or hide-and-seek with you.
- Allow your dog to explore scents from paths used by other animals.
- Meeting with friends or family members

ENRICHMENT Essentials

WHY ENRICHMENT MATTERS

Providing opportunities for natural behaviors like **sniffing, chewing, foraging,** and **problem-solving** keeps dogs mentally and physically **stimulated**. Enrichment isn't a luxury—it's a necessity for your dog's well-being. It *reduces boredom, decreases problem behaviors, and enhances their quality of life.*

QUICK & AFFORDABLE DIY FUN

Surprise Sniff & Shred Box: Fill a box with crumpled newspaper, toys, and dry food for a treasure hunt.

Towel & Muffin Tin Games: Roll treats in a towel or place food in muffin tins (cover with balls on top).



Scent Explorer: Hide treats around your home or yard for a sniffing adventure.

Tug & Chase: Use plush toys or flirt poles to fulfill their prey drive.

CHEWING FUN: LONG & SHORT OPTIONS

Shorter-Lasting: Pig ears, chicken feet, trachea, or “no-hide” bones.

Longer-Lasting: Bully sticks, yak cheese, marrow bones, or java wood.



Pro Tip: Use chews in toys to extend their life.



INTERACTIVE FOOD DISPENSERS



Dog's Favorites: West Paw Toppl, Snack-Snake, Kong (fill & freeze)



Puzzles & Slow Feeders: Make meals engaging; start simple and assist your dog to monitor the difficulty level.



Licking/ Sniffing Mats: Spread soft food or hide kibble (supervise).



Food Ideas: Baby puree, yogurt, soft dog food.



TIPS FOR SUCCESS

Rotate toys and activities to keep them fresh.

Supervise new games for safety.

Start simple and build up complexity.