

BANISH THE BOWL



THE GOAL: To build a fun & positive relationship with you, **not** the bowl.

TIP: Use Games & Toys!

Your dog starts each day with an energy metre which represents the food it requires depending on its specific needs. It's up to you how you use it.

Break the habit of dumping your load into the bowl each morning and evening. Instead, divide it up into different games and activities to use as a tool to build your relationship.

START HERE TODAY!

1. Start by getting your dog to chase the food in your hand. Target and pursue to try and catch it.
2. Next try bowling the food so your dog chases it.
3. Ask them to sit, get them interested in the food, try and wait while you throw it, then chase on command.

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FILLED TOYS

(KONG)

These are great tools to help calm your dog or to provide them with an activity to avoid unwanted behaviours.

They're also great for when you just need some time or space away from your dog. For example... have you ever tried to do yoga without your dog getting involved!

TIP: Make your own filling by soaking their regular kibble in warm water to make a paste.

HERE'S HOW TO GET STARTED.

1. Start by allowing your dog to eat out of an open ended hoof (or something similar), this is a simple way to get them used to it and succeed.
2. Then try freezing it to increase the difficulty level. (The more you freeze it, the higher difficulty.)

3. Once your dog has the hang of it, you can start experimenting with size and shapes. When you increase the difficulty of the shape, decrease the difficulty of the filling so your dog gets off on a successful start.
4. You should have now discovered a few different toys and filling combinations which your dog enjoys but which also provide you with different durations of activity and levels of supervision. So get prepping! Keep them in the freezer so they're ready to go when you need them.



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SNUFFLE MATS / SCATTER FEEDING

This is a low arousal activity and great for calming. It helps give them something to do whilst occupying their brain while they hunt for food.

TIP: Make your own snuffle mat out of a doormat and an old dressing gown or blanket.

SCATTER FEEDING:

When you first play this game, start off easy so your dog has lots of success, make sure to give them lots of encouragement!

You don't have to stick to just the home and garden, give it a go whilst out on a walk, check first no other dogs or animals are around to interfere, we don't need any other competitors.



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SLOW FEEDER / PUZZLE BOWLS

Use slow feeder bowls to prevent your dog from gulping down their food (due to the risks of choking, vomiting, food bloat, etc.) but also provide some much needed brain stimulation and enrichment.

TIP: Try an upturned cupcake baking tin!

There's all sorts of different styles out there, find one that works well for you and your dog. Or try and have a few different items to keep changing it up, variety is the spice of life for your furry friend too!

You don't have to just stick to meal time puzzle toys can provide stimulation throughout the day in terms of licking, digging and problem solving.



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CHEWS

Chewing is an essential part of your dog's stimulation and can provide your dog with more than just a tasty treat. Chews can help calm your dog and also give them a desirable activity to do. There are many different natural options out there but it's up to you to find what works for you.

TIP: Put it in the freezer first! It can help provide extra stimulation or cool your dog down on a hot day.

Here are some suggestions, but go out and find your own!



Antlers



Smoked Bones



Plain / Stuffed Hooves



Dehydrated Ears



Nylabone Dura Chews

Choose source, style and size carefully to suit your dog and needs. Careful of chipped antlers and bones, as well as chipping your dog's teeth and cutting their gums. **Always supervise.**

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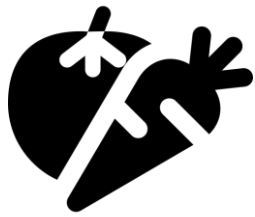
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TRAINING TREAT IDEAS

It's best to break your dog's meals up to use as much as possible, that way you have a tight monitor on what your dog is eating each day. It is also good to give your dog a variety so it keeps them interested and they have a balanced diet. Remember to be mindful of your dog's own individual tastes and tolerances.

TIP: Keep the high value stuff for when you REALLY need it. Your dog may not be fussy; it may just be the delivery.

Here are some suggestions to start you thinking...



VEGETABLES

- Carrots
- Broccoli
- Parsnips
- Pumpkins
- Kale
- Runner Beans
- Spinach
- etc...



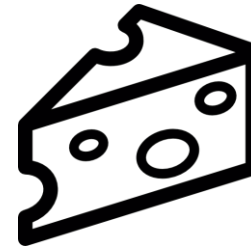
FRUITS

- Coconut
- Apple
- Pineapple
- Strawberries
- Oranges
- Bananas
- Kiwi
- etc...



MEATS

- Chicken
- Beef
- Liver
- Lamb
- Duck
- Turkey
- Ham
- etc...



DAIRY

- Cheese
- Milk
- Scrambled Egg (unseasoned)
- etc...

THINGS FROM THE KITCHEN CUPBOARDS

- Tinned Fish
- Oats
- All Bran
- Plain Biscuits
- etc...

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REMEMBER

The goal is to have fun and not to put pressure on your dog.

If they're not enjoying it, the game stops.

Try again another day when the mood or environment has changed.

Don't stick to boring, unstimulating meal times. Use your dog's daily food allowance as a training aid, relationship builder and to give you that much needed peace and space!

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