

# Boredom Busters: Tips for Keeping Dogs Entertained



The KONG® Classic is the gold standard of dog toys and has become the staple for dogs around the world for over forty years.

Offering enrichment by helping satisfy dogs' instinctual needs, the KONG Classic's unique natural red rubber formula is ultra-durable with an erratic bounce that is ideal for dogs that like to chew while also fulfilling a dog's need to play.

A KONG can be a great investment for your dog and with a little imagination, it's easy to see why. Here are a few 'boredom busting' ideas you can use with the standard Classic KONG or Extreme KONG.

A stuffed KONG is a simple way to keep your dog busy, by making them work for their food, it gives them an opportunity to use some of their natural scavenging abilities.

- Stuffing a KONG will keep your dog busy & entertained (and out of trouble!)
- They're great for slowing down dogs that gulp & eat too fast
- They can help keep your dog occupied while you work or do chores
- Stuffed KONG's provide your dog with plenty of mental stimulation
- They're a simple way to use up healthy leftovers

Mix and match some of your dog's favourite foods and treats. While mixing peanut butter and carrots together might not sound awesome to you your dog will most likely think otherwise.

If your dog hasn't used a KONG before start out with some simple stuffing such as kibble or a few small treats. Encourage them to play with the KONG by praising them when they start moving it around to get the treats out.

If your dog is already an expert with his KONG you can make it more challenging by freezing it. Given that you can stuff your dog's daily food allowance into either one or multiple KONG's, consider retiring the food bowl. A KONG will offer a dog more stimulation and exercise than simply gobbling it out of a bowl.



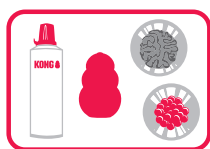
## Catch & Chase Games

You can utilise a KONG for retrieve and catch games. The shape and design of KONG makes its bounce erratic and helps stimulate innate chase instincts. Make the game even more exciting by placing some dry treats inside and playing catch between two people. As the KONG flies through the air, the treats will fall out and your dog will love running between the two of you, chasing the KONG... and cleaning up the treats!

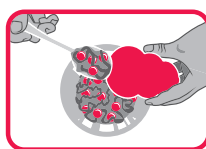
### Spot the Difference

Invest in multiple KONG toys and whilst they may look the same alter the fill for each one, this will add some variety and keep your dog guessing. For example, you might stuff one with a variety of different dog treats, another might have some of the dog's daily ration of food, another may be frozen with some fruit and yoghurt inside, each one offers new smells and taste sensations to tantalise the taste buds!

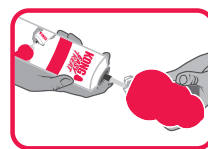
## How to Stuff a KONG



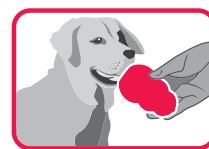
**Mix**



**Fill**



**Seal**



**Give**

**Bonus:** For an added challenge, freeze KONG for 4-6 hours before giving to your dog.

## Stuffing Levels



### Easy

Stuffed lightly



### Medium

Stuffed slightly tighter



### Hard

Stuffed tightly

## Tips & Tricks

### Engage to ensure success

- Introduce using an excited voice
- Play a bit of hard-to-get to pique interest
- Point out yummy treats inside

### How to clean a KONG

- Soak in warm water with dish soap to loosen leftovers
- Use bottle brush or old toothbrush to remove stubborn bits inside, rinse
- Or, wash in top rack of dishwasher

### Hide & Seek

Teach your dog to 'search' for his KONG by hiding a stuffed one around the garden or inside the house and teach a 'search' cue to get your dog's innate foraging instincts stimulated.

Start by placing a trail of liver treats leading to a stuffed KONG toy. Start with a short trail, then gradually increase the length of the trail so it becomes rewarding to hunt for the KONG! Eventually you will be able to give the 'search' cue with no treat trail but the dog will understand the game and head off to find the hidden KONG.

For some added fun drag, a piece of dog friendly jerky on a string on a trail around your yard. When you get to a desired hiding spot remove the string and place the jerky in a KONG and hide it. Ensure that the dog is inside and out of site we don't want them cheating. Release your dog to track the trail all the way to the hidden treasure.

### Novel Ideas

**Think inside the box.** stuff a KONG and place it into a cardboard box with a few loose scattered treats, close the box and hand it to the dog to work at getting into

**KONG bobbing for apples!** Fill a large bowl or plastic container with water and place in it a KONG or two stuffed with chopped apple pieces. Entice your dog to fetch the KONG out of the water!

**Layers of Fun.** Take some time to stuff a KONG in alternating layers. Start with a dollop of cream cheese, then freeze. Add a layer of peanut butter, and freeze. Next up add some yoghurt, then freeze. A layer of apple sauce is next, freeze. Top off with some grated carrot or mashed pumpkin and freeze this will make an alluring burst of layered flavours. Mix and match and decide on your own flavours to layer the KONG.



### Cap that KONG!

To create a topper for your KONG, puree some cooked pumpkin and sweet potato with some low sodium stock, place the mixture into a bowl that is slightly bigger than the largest part of your dogs KONG. Stuff the inside of the KONG with a mix of your dog's favourite ingredients then, when finished push the KONG, largest part first, into the bowl and freeze. When it comes time to give it to your dog run the outside of the bowl under warm water only long enough to remove the bowl from the frozen cap that will now have formed over the top of the KONG like a helmet. Your dog will enjoy this entrée before the main course.

For KONG stuffing ideas check out the KONG website that has a variety of delicious recipe ideas [www.KONGcompany.com.au](http://www.KONGcompany.com.au)



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