



Steady Paws

Calm Support for Nervous and Rescue Dogs

Dog Enrichment Guide

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Why Enrichment is Important

Mental stimulation plays a key role in canine wellbeing. Dogs naturally enjoy exploring, sniffing, and problem solving. Enrichment activities allow them to express these behaviours.

Benefits of Enrichment

- Reduces boredom
- Encourages natural behaviours
- Builds confidence
- Supports emotional wellbeing

Simple Enrichment Ideas

- Scatter feeding meals in the garden
- Snuffle mats for foraging
- Frozen enrichment toys
- Puzzle feeders

Scent Based Activities

Sniffing is extremely calming for many dogs. Allowing your dog time to explore scents during walks can provide valuable mental stimulation.

Creating a Balanced Routine

A healthy routine includes physical exercise, mental stimulation, rest, and positive interaction with owners.