



## THE KONG: YOUR PUPPY'S PACIFIER



*This guide will teach you tips to enhance your dog's life using a Kong!*

**WHAT IS A KONG?:** A Kong is a durable rubber dog toy produced by the KONG Company out of Colorado. The East Bay SPCA uses Kong toys for play, for food distribution, and to increase mental stimulation (and play) for our shelter dogs. Stuffing the Kong with food gives your dog an activity/challenge that is mutually beneficial.

**GETTING STARTED:** When purchasing a Kong, select one size larger than you would naturally assume. This will allow for more space to pack your dog's food. Also, Kong has conveniently color-coded their products: Red = Average Chewers; Pink or Blue = Puppies; Purple = Senior Dogs; and Black = Tough Chewers.

### KONG TRAINING TIPS:

**HOW TO BEGIN "SCHEDULED FEEDING":** Start by feeding your dog 2 times a day. Place his/her meals in the food bowl and set the bowl on the ground after your dog has sat. If your dog gobbles the food up, great! If not, wait 20 minutes and then pick up the bowl and try again at your next scheduled feeding. Measure a new portion and add the remaining food from the last feeding time.

**RECIPE STEPS:** Once your dog is consistently eating 2 times a day, you can introduce the Kong by placing some kibble inside of it. The kibble should be loosely packed, able to fall out of the Kong easily. Ask your hungry dog for a behavior first (such as "sit"). Once they do it, say "good" and then present the Kong. If they are unable to knock the food out, you can demonstrate until they get the hang of it. After you master this exercise, try to up the ante with the techniques below:

- Place the kibble (loosely packed) inside the Kong, and spread some peanut butter or cream cheese or wet dog food on the outside rim to keep the kibble from falling out.
- Place the kibble inside, tightly packed, and spread some peanut butter/cream cheese/wet dog food on the rim to keep the kibble from falling out.
- Place the kibble inside, tightly packed, and spread some peanut butter/cream cheese/wet dog food on the rim to keep the kibble from falling out and pop into the fridge for an hour.
- Once your pup is great the above, try soaking your kibble in water overnight so it becomes soft. Pack the Kong with his/her meal and provide it to your pup.
- Puppy popsicle!