



## Back to Work: Preparing For Your First Week Away From Your New Dog

1. Set up a crate in a quiet area of your home where your dog cannot see or hear anything happening outside. Make sure the crate is a cozy space for your pup to spend his time. To make the space more comfortable, you can close the blinds, play white noise for them and provide a comfy space for them to snooze.
2. Give your dog something to do in the crate while you are gone.
  - a. Frozen Kongs are a great, safe option to give your dog to fill their time while you are at work. Stuff your Kongs in the evening and freeze them overnight. Give the Kong to your dog in their kennel as you are leaving for the day. You can find many Kong Stuffing Guides online, like:
    - i. Kong Stuffing Recipes: <https://www.youtube.com/watch?v=ofi5rNs3BNU>
    - ii. How to stuff a Kong: <https://www.youtube.com/watch?v=lk5l-p10C7Y>
    - iii. The “Canine Enrichment” Facebook group has hundreds of great Kong Stuffing suggestions and recipes.
3. Make sure your dog is well exercised both physically and mentally prior to leaving them for the day. Here are some suggestions for how to exercise your dog each day:
  - a. A long walk around the neighborhood (allow your dog to sniff on the walk!)
  - b. Playing at the dog park
  - c. Playing fetch with you in the back yard
  - d. Working on a puzzle feeder for their morning meal. Examples include:
    - i. The Tricky Treat ball: <https://www.chewy.com/omega-paw-tricky-treat-ball-dog-toy/dp/51234>
    - ii. The Kong Wobbler: <https://www.chewy.com/kong-wobbler-dog-toy-large/dp/44195>
    - iii. The Kibble Nibble: <https://www.chewy.com/busy-buddy-kibble-nibble-dog-toy/dp/48818>
  - e. Scattering your dog’s morning meal outside in your yard and letting him sniff around to find all the pieces
  - f. Sniffing for their kibble in a “Snuffle Mat” – available for purchase online
  - g. Hard chewing on a bone or “no-hide” chew

\*Be prepared to spend time exercising the dog with a couple of these options again when you get home – especially if you just adopted a younger or more active dog!
4. For some dogs, it may be necessary to include a mid-day potty break + exercise until they are capable of remaining in their crate comfortably for a full workday. For example:
  - a. Until puppies are at least 6 months old, they will need *at least* 1 mid-day potty break and play session.
  - b. Some adult dogs will need mid-day breaks until they adjust to their new schedule.

There are plenty of options to give your dog a mid-day break, including coming home during your lunch break, hiring a dog walker, or utilizing doggie daycare a few days a week.