

## Training Tip of the Month: Make your dog a Snuffle Mat!



Kathy Sonderman and her SafeHaven adopted dog Stella try the Snuffle Mat during Fearful Fido Class.

Toy enrichment is one way to curb boredom and present a dog with a fun and challenging task. Snuffle Mats are one way to provide enrichment to dogs and are easy to make. Treats or even whole meals can be hidden in the Snuffle Mat for a hungry dog to sniff out and enjoy! Snuffle Mats are ideal for just about any dog. Remember to supervise your dog for safety.

To build your own home made Snuffle Mat follow the following steps:



1. Cut a Rubber Anti-Fatigue mat, or other similar mat to 12 inches by 12 inches. Use care to safely cut the mat to size.



2. Cut fleece fabric into strips of 10 inches by 3-4 inches. You will need approximately 120 strips in total and can use any color or pattern of your choice.



3. Start in one corner and loop a single piece of fabric between two holes before tying a single knot. Pull knot tight.



4. Continue this process. until a single row is completed.



5. Don't stress about it being perfect, your dog will love it no matter what it looks like!



6. Your finished Snuffle Mat will look something like this! All you have to do now is hide the treats and allow your dog to snuffle them out! Snuffle Mats can be hand washed or washed on a delicate washing cycle.