



Using A Stuffed Kong Toy

A Kong toy stuffed with food or a treat can help alleviate boredom or anxiety when your dog is home alone, and can also be used to re-direct chewing away from your shoes, furniture, etc.

Choosing the Right Kong

Kongs are virtually indestructible beehive-shaped toys with hollow cores. They can be purchased at most pet stores, and come in a variety of colors (for dogs of different ages). They also come in various sizes; the correct Kong size for your dog will depend on his size, but remember that you will be stuffing the Kong with food, and a size that is too large may result in overfeeding.

Recommended Stuffing Recipes

- Fill with a processed cheese food, such as Velveeta.
- Fill a “breakfast” Kong (sprinkle some kibble with warm water and let it soften. Then stuff tightly inside the Kong. If you like, you can add surprise treats such as broken up dog biscuits, raw baby carrots, or jerky type treats.)
- Regardless of the recipe you use, we recommend freezing the Kong after stuffing it so that your dog will eat more slowly and stay occupied for a longer period of time.

Using the Kong to Remedy Issues such as Barking or Destruction?

(If you are using the Kong simply as an occasional treat or fun activity for your dog, then give the Kong to your dog when and how you choose. However, if you are using the Kong as a way to deal with serious issues such as barking or destruction when you are away, then we recommend careful adherence to the following instructions.)

We recommend 2 frozen Kongs, 1 “breakfast” Kong (prepared as described in the previous section) and 1 filled with Velveeta. These will keep your dog occupied for a good long time.

Give the Kongs to your dog only when you leave the house. When you return home, pick up the Kongs as soon as you walk in to the house, even before you pet or acknowledge your dog. We know this may be hard to do, but there is a very important reason. Your dog will learn that you WILL return home, every day, to “get your Kong.” If your dog becomes anxious during your absence, he can return to the Kong to relieve his anxiety in a constructive way. Put the Kongs in the sink or dishwasher for cleaning, and do not give your dog access to them again until the next time you leave.

Please visit the Kong web site for safety information, instructions, and additional recipe suggestions: <http://www.kongcompany.com>

The Austin Dog Alliance, a non-profit 501(c)3 organization, provides the following programs:

- Rescue: Our foster parents provide a nurturing home environment for dogs.
- Youth Outreach: Dog-related educational programs for area schools and youth groups.
- Deaf Community: Uniquely tailored youth and adult dog training taught in sign language.
- Dog Training: We provide a wide variety of fun and educational dog training classes.
- Pet Therapy: We provide seminars, classes, evaluations, placement, and support to therapy teams in local schools, hospitals, and nursing homes.

