How to Stuff a Kong®

A Kong is a hard rubber, snowman-shaped toy with a small hole on top and a large one on the bottom. A stuffed Kong can keep your dog occupied when crated or when you have visitors. It can provide mental stimulation and provide an outlet for your dog's energy. And this wonderful chew toy can go a long way toward alleviating mild separation issues and boredom—just give a stuffed Kong to your dog as you leave, or hide it so he has to find it and then excavate. (Be sure to provide stuffed Kongs randomly, not *only* when you leave, so they won't become associated only with your absence.)

Be sure to purchase a Kong that is big enough to stuff. Tiny dogs get a small Kong, but most small dogs get a medium Kong, medium dogs, a large or XL, and large dogs, an XL. There is even a size above XL for very large dogs. Kongs can be stuffed with anything that is safe for your dog to eat. (*Never feed chocolate, onions, grapes, raisins, or spicy foods*.) Just plug the small hole with a chewy treat or peanut butter, flip the Kong over, and stuff! The stuffing should be well-packed so that your dog has to work for it, but not so tightly stuffed that your dog will give up. For inexperienced excavators, make it easy at first by packing loosely and leaving a cookie sticking out of the large hole.

--*-