



Whether you have recently adopted a new pet or are thinking about bringing a new addition home, you likely will have to at least leave them alone from time-to-time. It is easy to feel worried or guilty about living your pet at home alone, but with a little research and imagination, there are ways to keep even their time alone fun and stimulating.

1 Try out treat-dispensing toys. While you are away, it would be hard to interact with your pet. Using a treat-dispensing toy will help to engage their mind and keep them working. Many dogs are food motivated, and treat-dispensing toys are in high-demand for people who spend time away from home. This is a fantastic way to distract your canine while you are gone! While some owners opt to scatter kibble across their house, you can also purchase a handy food-dispensing toy that will keep your house tidier and will also last longer for dogs who are quick foragers. Find a fun toy you can hide food in, like the Buster Food Cube. These kinds of toys will keep your pet engaged and challenged. In addition, most food-dispensing toys give you the option to adjust the degree of difficulty so that it can keep things exciting for your dog. There are so many good options out there, so do your research and try out a few with your pup. You will figure out the best fit for them in no time.

2 Leave them with indestructible toys that will keep them busy for hours. Some pets have a harder time being left alone than others and all animals have a range of separation anxiety that they experience. Your dog's ability to chew through a toy or bone will also vary, as some pups are more gentle than others. Either way, leaving them with ample chew toys or bones will help ensure that they chew on something other than your sofa! You can discourage this bad behavior by providing them with strong and safe chew toys that also will not end up being a choking hazard. Giving them indestructible chew toys, like the Monkey Fist Bar Rope Dog Toy, will provide hours of entertainment while keeping your dog's gums and teeth healthy. Bonus points!

3 Another great option? Puzzle toys. Sturdy bones and treat-dispensing toys are old-school winners, but they are not the only game in town. On the rise in popularity are puzzle toys, offering another way to keep your dog (or cat) entertained during the day. These brain-teasing toys keep your dog stimulated, especially if he is left alone for multiple hours of the day. Keeping your dog sharp can extend his life by fighting canine

cognitive dysfunction. Brain teasers give dogs the opportunity to problem solve and use some of the functions that they don't ordinarily use in their brains.

4 Play them some tunes. Studies have shown that classical music can calm and soothe a pet's nerves, so consider providing your canine or feline with a soundtrack while you are away by creating a Spotify playlist of relaxing classical symphonies, or consider getting "Through a Dog's Ear," a CD set of psycho-acoustically designed piano music that has been tested in dog shelters, clinics and homes.

5 Leave the TV on. Some people just leave it on a random channel, but if you think your pet could use a little visual stimulation, you can create a channel just for them. You can build a YouTube playlist, full of sights and sounds that either entertain, or calm your pet. Hey, it couldn't hurt!

Armed with these ways to create an environment that is stimulating for your pet, you can now have a great time at work while your pet is at home. Your pet will appreciate the way you enhance their day, while you can have fun making new challenges.

You can consider hiring a dog walker if these solutions will not work for you. A reliable dog walker, that provides mid-day relief, will also be a great mental break. This exercise and human interaction will tire them out and make the time waiting for you to get home breeze by.

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