

Indoor Enrichment:



Keeping Pets Happy When It's Cold Outside

Cold winter days can limit outdoor time, but your pets still need mental and physical stimulation to stay happy and healthy. Indoor enrichment helps reduce boredom, curb unwanted behaviors, and strengthen the bond between you and your furry companions—all without stepping outside.

Turn mealtime into playtime.

Puzzle feeders, treat balls, and slow-feed mats encourage pets to think, problem-solve, and move. Even simple DIY options—like hiding kibble in a muffin tin covered with tennis balls—can add variety to daily routines.

Create opportunities to explore.

Cats love vertical spaces, so window perches, shelves, or a cleared bookshelf can provide hours of entertainment. For dogs, try rotating toys every few days to keep them “new,” or set up a short indoor obstacle course using pillows, boxes, or hula hoops.

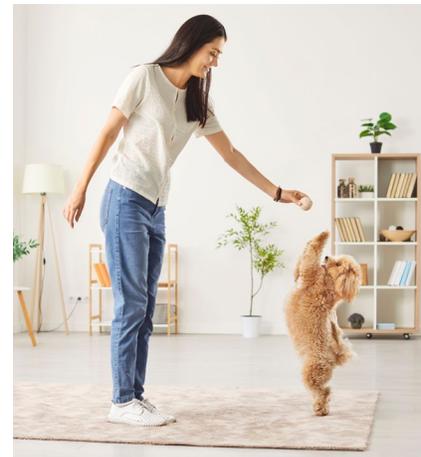


Engage their senses.

Scent-based games are especially enriching for dogs. Hide treats around a room and let them sniff them out, or teach a “find it” command. For cats, sprinkle a little catnip or silvervine on a scratching post or toy to spark curiosity.

Train and connect.

Short training sessions—just five to ten minutes—can be incredibly stimulating. Practice basic commands, teach a new trick, or work on leash manners indoors. These moments provide mental exercise and reinforce positive behaviors.



Keep safety in mind.

Make sure cords, small objects, and decorations are secured, and supervise pets with new toys. Enrichment should be fun and safe.

With a little creativity, indoor days can be just as engaging as outdoor adventures. Thoughtful enrichment keeps pets content through the winter—and gives everyone something to wag or purr about.