

# How To Make a Lickimat

## WHAT IS A LICKIMAT?

A LickiMat is a rubber mat with deep grooves that encourages licking. These mats come in a variety of colours, textures, and patterns. Some mats have suction cups on the back to hold them in place, while others do not.

## WHAT ARE THEY FOR?

LickiMats are a great tool that can help build positive associations when paired with veterinary handling or grooming. They're also fantastic for building duration of stationary behaviours, such as mat work (or "place").



## LICKIMAT TIPS

- ✓ You can put anything on them that is spreadable and safe (no xylitol!) for your dog. Cheez Whiz, cream cheese, Kong Stuff'n, whipped cream, canned dog food, and yogurt are all very enticing treats that work perfectly on a LickiMat.
- ✓ Top your LickiMat treat off with liver treats, fruit (no grapes!), kibble, dog biscuits, etc.
- ✓ Now your LickiMat is ready! If you would like to increase the amount of time it will take your dog to consume it, you can freeze it.
- ✓ Place your prepared LickiMat in a ziploc bag and take it with you when you take your dog to a friend's house, the groomer, the vet or even puppy class!
- ✓ Always supervise your dog while they are interacting with their LickiMat

[WATCH THIS VIDEO TO SEE HOW EASY THEY ARE TO PREPARE](#)

