Environmental Enrichment

- Regular exercise outside the enclosure is recommended, but this must be well-supervised to
 prevent injury or escape. Exercise balls should not be used as we now know that these are very
 stressful for hamsters which, as a prey species, do not like to be exposed in open spaces without
 the ability to hide.
- Environmental enrichment which provides your pet with an opportunity to express some normal
 behaviours is an important component of good husbandry that enriches your pet s life.
 Behaviours such as exploration, digging and burrowing, or foraging for food can make for a
 healthier happier hamster. Chewing and gnawing are also important, and help to wear down the
 front teeth. Search for environmental enrichment ideas online and see what you can create which
 will provide stimulation and exercise for your pet.

Diet

Muesli mixes are not appropriate food as they promote selective feeding which results in an
unbalanced diet. Pelleted diets are much healthier and are readily available. Water should always
be freely available via a drinking bottle and changed daily.

Preventative healthcare

We recommend regular veterinary health checks for pet hamsters as medical problems are more
easily treated if detected at an early stage—you can register for automatic reminders by
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