






DECOMPRESSION PERIOD FOR A NEW DOG

Bringing a new dog into your home is an exciting and rewarding experience, but it can also be a challenging transition for your new furry friend. Dogs, like humans, can feel stressed and overwhelmed when entering a new environment. To help your new dog adapt comfortably and confidently to their new home, it's important to understand their decompression period. This period is a critical step in building trust and establishing a strong bond between you and your new pooch.

WHAT IS A DECOMPRESSION PERIOD?

A decompression period is the time during which your new dog is adjusting to their new surroundings, routine, and family. This phase is particularly vital if your dog is a rescue, adopted from a shelter, or coming from a previous home. Providing a safe and structured environment that minimizes stress will help your dog acclimate to their new life.

WHAT DOES A DOG NEED DURING THEIR DECOMPRESSION PERIOD?

-  **ROUTINE AND CONSISTENCY** Keep your dog's environment as calm and predictable as possible. Establish a daily routine that includes regular feeding, bathroom breaks, and exercise. Consistency helps your dog feel secure.
-  **QUIET SPACE** Create a designated, quiet space where your dog can retreat when feeling overwhelmed. Provide a comfortable bed, toys, and water in this area.
-  **BONDING TIME** Spend quality time bonding with your dog through gentle petting, soft-spoken words, and treats. Let them come to you at their own pace.
-  **CONTROLLED INTRODUCTIONS** If you have other pets, introduce them gradually and under supervision. Ensure all interactions are positive and non-threatening. Don't overwhelm them with many new visitors.
-  **POSITIVE REINFORCEMENT** Reward good behavior with treats and praise and ignore unwanted behavior instead of punishing it.

WHAT IS THE 3-3-3 RULE?

The 3-3-3 rule refers to the commonly regarded rule in the rescue world that states how a dog adjusts to their new home in 3 days, 3 weeks, and 3 months. Please keep in mind that this is just a general guideline and every dog is unique, so timelines may vary a bit. Give them space and patience and be supportive throughout their transition, and remember to give it the full 3 months to let them adjust to their new home!

IN THE FIRST 3 DAYS AFTER ADOPTION... Your new dog will not be comfortable in their surroundings and will not be comfortable enough to be themselves. They may feel overwhelmed, scared, or unsure. Don't panic if they don't eat or go to the bathroom. When dogs are stressed they often do not want to eat or will hold back from going potty. Your new dog may shut down and want to curl up under a table or in a crate. They could also be the total opposite and test their boundaries instead!

AFTER 3 WEEKS...Your new dog has started to settle in and get used to a routine. They may be more comfortable and realize they have a permanent home. They may begin to show their true personality.

AFTER 3 MONTHS...Your dog is now completely comfortable in their new home! They feel more secure around you and are set in their routines.