



## **Bringing home a rescue dog**

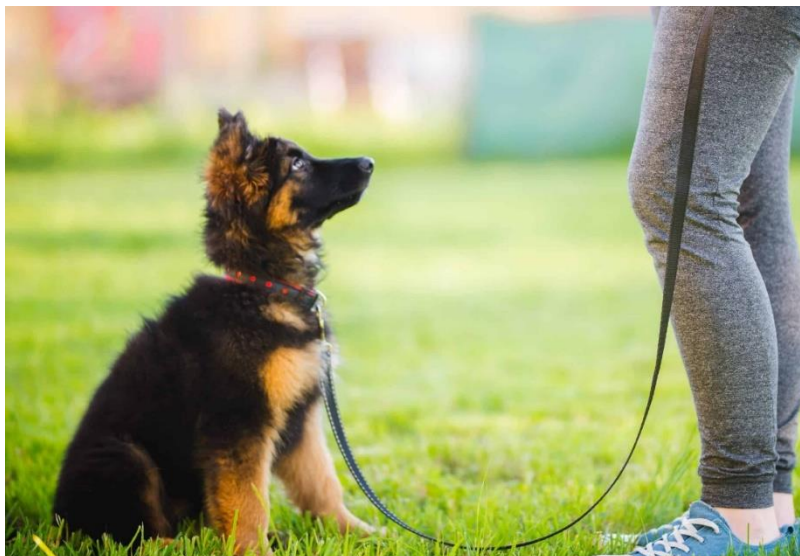
Are you thinking about adopting a sweet pup from your local shelter or maybe you already have? There are so many dogs from so many walks of life that are looking for their forever homes and it is up to us as the humans, to set them up for success!

### **The rule of 3-3-3**

Every situation is different, but a lot of dogs will follow the 3-3-3 rule when acclimating to life in a home.

- The first 3 days your new pup may be overwhelmed or nervous.
- The next 3 weeks will be the time your pup will take to fully settle into the home/family.
- The next 3 months will be building trust and bonding with you.

Give your dog time to find comfort in their new home. Puppies may need to be put on a daily schedule while older dogs may take more time to warm up. This is what the 3 phases may look like:



## **The First 3 Days**

Don't be alarmed if your new pup does not eat or drink right away, they are taking in all of their new surroundings! They may also whine and bark while adjusting. Be sure to provide and offer a quiet, secluded and safe space for them. A crate/kennel would be perfect for this! Your pup may spend these first few days sleeping a lot or sticking to themselves. They may also have separation anxiety from the shelter or even old pack mates. This anxiety could also come with accidents in the home or getting sick. They will get used to the new home so hang in there!

## **The First 3 Weeks**

Your pup is probably finding his way through the home with ease and you may even see their playful side popping through. Most pups should be on a regular potty schedule and doing well with that. During this time, they may start to display behavioral problems so starting to implement training and boundaries will be essential! If you can replace feeding times with hand feeding their kibble for training sessions you will thank yourself for it! Hand feeding your pup will help you strengthen the bond, build engagement with you and you will find your pup looking to you for more information. 10-15 minutes would be great!

Be consistent with your expectations and clear with your communication. Dogs do not understand English words unless paired with a certain behavior, so be sure to put an action behind your words that they can understand. If you are unsure on how to train your pup, find your nearest local trainer to help! Start with the basics of Sit and Stay!

## **After 3 Months**

Your pup knows this is their forever home! They are more than likely enjoying their new life with you and have fallen into the routine of things with ease. They may love the family now, including the other animals of the household. Do not forget that training is still so very important! By now you can introduce a good slip leash for training and establish manners on leash outside of the home. Taking your dog on outings to experience the big world around them may be hard and scary at first, but with consistent practice and patience it will get better. Rather than overloading them with a dog park, find a fellow dog friend to enjoy a puppy playdate in the backyard with or on a walk! Take things slow and easy, just as you did at the beginning. Your pup can display different reactions to every new thing you introduce them too, so do it with consideration that they may not like or enjoy that new thing. Educate yourself on dog body language and pay attention to those stress signals.

## Extra tips & tricks

- Do NOT overload with a ton of high value things. (Toys, bones, affection, etc) This may cause signs of Resource Guarding to appear. Talk with a professional trainer if your new pup starts to display signs such as growling, snapping, lunging, barking, etc. Provide structured times for such items.
- Keep a leash near or on your pup for the first few days. This will be your communication tool as they are probably not familiar with verbal commands.
- If you already have a dog, be sure to take a walk with the new dog and your current dog a few times before bringing the new dog into the home. This will allow them the chance to become familiar with each other beforehand.
- Introduce the dog to household members outside before entering the home.
- Do not allow too much freedom and be sure to provide rest/down time.
- Be patient, consistent and clear.
- Have so much fun with your new family member!

