

Decompression/Adjustment Period

Setting Your Dog Up for Success

We are here to help! If you have concerns with your new pet, please get in touch and we can help you navigate this transitional period.

THE RULE OF 3'S

It takes **3 days** to decompress,
3 weeks to learn the routine,
and **3 months** to feel at home

When you bring a rescue home from the BVSPCA, keep in mind that we don't always know their backgrounds or histories

How to Make the Transition Easier:

- When you first bring your dog home, walk around the yard or neighbourhood until they relax, then proceed inside to explore.
- Set up a "safe space" in your home for your new dog. This could be a crate, a room, or a separate area of the house. Put all their favourite things in that area, and encourage your dog to go there when they show signs of stress.
- For the first few weeks, limit how many new people and animals your dog is meeting, and keep introductions slow and properly managed.

A Few Other Tips:

- Engage your dog physically and mentally. Enrichment such as puzzle toys, brain games, and unstructured time outside can help them decompress and regulate their emotions, reducing stress levels.
- **Don't expect perfection! Your new dog is in a new space, with new people. It will take TIME for your dog to settle in, learn your routines/boundaries, and most importantly, to feel safe.**
- Don't panic if new behaviours arise during the first few weeks.

