

RESCUE DOGS 101 / 3-3-3 GUIDELINES

3 days, 3 Weeks, 3 Months ... with flexibility

Every dog is unique & resilient. Give your dog/cat a spatial bubble and time to adjust to transitions.

3 D In the first 3 days	3 W After 3 weeks	3 M After 3 months
<ul style="list-style-type: none">• Feeling overwhelmed and stressed.• Exhibiting signs of stress/anxiety/fear. May be scared and unsure of what is going on.• Not comfortable enough being him/herself• May not want to eat or drink.• Shut down, zone out, may want to hide in crate or under table.• Testing the boundaries.	<ul style="list-style-type: none">• Starting to settle in.• Feeling more comfortable.• Realizing this could be his/her forever home.• Figuring out the environment (family living).• Getting into a routine (Eating, Exercise, Toys, Environment).• Let's his/her guard down / starts showing his/her personality.• Behavior issues may show-up (true colors). What happened in previous environment? What behaviors helped him/her survive. What training (or not) did this dog have.	<ul style="list-style-type: none">• Usually settled into new home.• Building trust and a bond with family members and routines.• Gains a sense of security with his/her new family.• Familiar with routine and life rewards (exercise, food, play, toys, care and love).• Learning basic manners and socialization (positive reinforcement only).• Watch-me, sit, down, blanket or bed, stay, come, leave-it / take-it, etc.

Living and Learning with Dogs!

Awareness, Balance, Relationship, Education, Well-Being