



# The First 30 Days With Your Rescue Pug

## Helping Your New Family Member Feel Safe, Comfortable, and Loved

Bringing home a rescue pug is an exciting experience, but it is important to remember that your new companion may need time to adjust. Even the friendliest dogs can feel overwhelmed when moving into a new environment with unfamiliar people, routines, and expectations.

Patience, consistency, and understanding during the first month can help set the foundation for a successful lifelong relationship.

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## Understanding the 3-3-3 Rule

Many rescue dogs follow a general adjustment timeline known as the **3-3-3 Rule**.

### First 3 Days: Decompression

Your pug may feel overwhelmed, nervous, or confused.

Common behaviors may include:

- Sleeping more than usual
- Reluctance to eat
- Pacing or restlessness
- Accidents in the house
- Clinginess or withdrawal
- Excessive drinking of water
- Limited interest in toys or play

During this period:

- Keep routines simple and predictable.
- Allow your pug to explore at their own pace.
- Avoid introducing too many new people or experiences.

- Provide a quiet place to rest.

Remember: your pug does not yet know they are home.

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### **First 3 Weeks: Learning the Routine**

Your pug begins to understand daily life in their new home.

You may notice:

- Increased confidence
- More playful behavior
- Stronger attachment to family members
- Testing boundaries
- Development of household routines

This is the ideal time to:

- Begin basic training
  - Establish feeding schedules
  - Introduce daily walks
  - Reinforce house-training habits
  - Continue building trust through positive experiences
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### **First 3 Months: Feeling at Home**

By this stage, many rescue pugs have settled into their new lives.

You may see:

- Full personality emerging
- Strong family bonds
- Improved confidence
- Greater comfort with routines
- Increased responsiveness to training

Some dogs adjust faster, while others take longer. Every pug's journey is unique.

# Setting Up for Success

## Create a Safe Space

Every dog benefits from having a place they can call their own.

This may include:

- A crate
- Dog bed
- Quiet corner of the house
- Separate room for decompression

Allow your pug to retreat when they need a break.

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## Establish a Routine

Dogs thrive on predictability.

Try to keep:

- Feeding times consistent
- Potty breaks scheduled
- Bedtime routine regular
- Exercise at similar times each day

Consistency helps reduce anxiety and builds confidence.

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## Go Slow with New Experiences

The first month is not the time for major adventures.

Avoid overwhelming your new pug with:

- Dog parks
- Crowded events
- Large gatherings
- Long trips
- Multiple introductions in a short period

Focus on helping your dog feel secure before expanding their world.

# Introducing Other Pets

If you have resident pets:

## Dogs

- Use neutral territory when possible.
- Keep initial interactions calm and supervised.
- Allow both dogs time to adjust.
- Do not force interactions.

## Cats

- Introduce gradually.
- Use gates or barriers if needed.
- Provide safe escape areas for cats.
- Reward calm behavior.

Positive introductions take time. Slow and steady is almost always best.

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# Common Adjustment Behaviors

Many new adopters worry when they see behaviors that are actually normal during the transition period.

## House-Training Accidents

Even previously house-trained dogs may have accidents initially.

Reasons may include:

- Stress
- New schedules
- Different home layout
- Changes in access to outdoor areas

Patience and consistency are key.

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## Loss of Appetite

Some dogs eat less during the first few days.

Contact your veterinarian or adoption coordinator if:

- Your pug refuses food for more than 24 hours
  - Vomiting develops
  - Diarrhea becomes severe
  - You notice signs of illness
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## **Clinginess**

Pugs are naturally people-oriented dogs.

Many rescue pugs quickly attach to their new family and may follow you from room to room.

This is usually normal and often improves as confidence grows.

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## **Building Trust**

The best way to build trust is through positive daily interactions.

### **Do:**

- ✓ Use praise and rewards
- ✓ Keep expectations realistic
- ✓ Allow your pug to approach new situations at their own pace
- ✓ Provide structure and routine
- ✓ Celebrate small successes

### **Avoid:**

- ✗ Punishment-based training
- ✗ Yelling
- ✗ Forcing interactions

X Expecting instant adjustment

X Comparing your dog to others

Trust is earned through consistency, patience, and kindness.

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## When to Contact the Rescue or Veterinarian

Seek assistance if your pug experiences:

- Difficulty breathing
- Persistent vomiting or diarrhea
- Refusal to eat for more than 24 hours
- Extreme lethargy
- Signs of pain
- Eye injuries or squinting
- Severe anxiety or panic
- Aggression concerns

Never hesitate to reach out. Early intervention often prevents bigger problems later.

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## A Final Note

Many rescue pugs have experienced uncertainty, loss, or major life changes before arriving in their new homes. Some settle in immediately, while others need weeks or months to fully adjust.

Give your new companion time, patience, and understanding. The investment you make during those first 30 days will help create the trust and bond that lasts a lifetime.

**Thank you for opening your heart and home to a rescue pug. Their second chance begins with you. ❤️**

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### **Pug Rescue of Florida & Georgia**

*Helping pugs find safety, healing, and forever homes throughout Florida and Georgia.*