

Initial Adjustment Period for Your New Dog

- “Less is more” should be top of mind over the next few weeks as your new family member adjusts to changed circumstances. Remember, your dog thought he was in his forever home in his foster home, he doesn’t understand what he is doing in your home.
- Do not force affection and/or attention on your new family member.
- Ignore should be your new word for the next few days. Just go about your day and let the dog be.
- If you’re not convinced, do this test. If you are petting the dog, stop. If the dog nudges you, it is okay to keep petting. If the dog turns away, do not continue to pet, give the dog space. Resume petting only if the dog nudges you.
- Make sure the dog has a safe space that you do not encroach on such as crate, dog bed, etc.
- Do not stare at the dog.
- Do not tower over the dog.
- Some dogs may be stressed in a new environment, don’t walk them the first few days, or if you do, choose a quiet route without lots of dogs and people.
- Do not introduce new people, new dogs, new experience for the first 7 days.
- Dogs show stress in different ways
 - Over excited
 - Restless
 - Bending over backwards to please
 - Growling
 - Shut down
 - Snap
 - Bite
 - Yawning
 - Turning head away
 - Looking sides so that you can see the whites of its eyes
 - Licking its lips
 - Licking its paws
 - Excessive shedding

- Whining
- Excessive panting
- Walking slowly or using slow movements
- Dog moves away from people and goes to a quiet corner

Identifying these signs can help you know when your dog has had too much, and it would be best to remove the dog from the situation or find other ways to help reduce the dog's stress.