



Dear Family

A note from your new rescue dog!



Hi there, new family!

I'm so happy to have found you. I've waited a long time to be part of a loving home like yours, and I can't wait to spend the rest of my life with you. But first, I need your help during these first few weeks. I'm feeling a bit sad, scared, and overwhelmed right now, and I hope you can help me adjust to my new life.

Why I'm Feeling This Way

You see, I've been through a lot. I've moved from the street to a shelter, then maybe to the vet for surgery, and finally to one or more foster homes. Each move brought new smells, sounds, people, routines, and sometimes other dogs. Just when I started to feel comfortable, everything changed again.

Now, I'm here with you, and while I'm so excited to be part of your family, I need some time to adjust. Think of me as a bucket filled with stress from all these changes. My bucket is already pretty full, and if it overflows, I might get overwhelmed and behave in ways that aren't my best—like growling, snapping, or biting.

With your patience and love, I know I can settle in and learn to feel safe.

How You Can Help Me Adjust

Here are some ways you can help me feel at home during these first few weeks:

1. Give Me Time

- ♥ Please give me at least two weeks to get to know you and my new environment. It'll take time for me to feel like I truly belong.
- ♥ Let's take things slow—I need to build trust and feel safe before I can really relax.

2. Introduce Me Gradually to Other Pets

- ♥ Let me meet your other pets one at a time and keep the initial introductions brief.
- ♥ If I'm nervous, use a barrier like a baby gate to give me space until I calm down. When I'm ready, we can spend more time together, but please supervise.

3. Show Me Around

- ♥ Put me on a leash and gently guide me around our home. Let me sniff and explore so I can feel more comfortable.
- ♥ For now, keep me away from certain areas until I prove that I can be trusted not to chew furniture, clothing, or have accidents indoors.

4. Give Me My Own Space

- ♥ Please set up a special, quiet place that's just for me—a spot where I can rest and feel safe.
- ♥ Make it cozy with a bed, toys, and something to chew on. Let me eat there until I'm comfortable eating around others.
- ♥ House rule: When I'm in my "special place," no one (human or animal) should bother me.

5. Stick to My Current Food

- ♥ For now, feed me the food I'm used to eating. Changing my diet too quickly could upset my tummy. You can gradually switch me to new food after a couple of weeks.

6. Establish Routines Early

- ♥ Take me outside to potty frequently, using the same door and the same spot each time. This will help me learn where to go.
- ♥ Show me the daily routines of our home—where I'll sleep, where you'll be, and what to do during meals.

Interacting With Me

1. Praise Me

- ♥ Please tell me how good I am when I do something right! Your encouragement will help me learn faster.

2. Teach Children to Be Gentle

- ♥ Show the kids how to play politely with me, and always supervise our interactions. If I get too excited or tired, please step in and separate us for a bit.

3. Limit Visitors at First

- ♥ For the first two weeks, let me stay home and avoid meeting new people, dogs, or places. I need time to bond with you and feel secure in my new environment.
- ♥ If visitors come over, explain that I need space and ask them not to pet or interact with me yet.

4. Introduce Others Slowly

- ♥ When I'm ready, introduce me gradually to new people and animals. Let me decide if I want to approach them.
- ♥ If I'm shy, have people toss me treats (small pieces of boiled chicken work great!) to help me feel more comfortable.

5. Help Me Manage Stress

- ♥ If I show signs of stress, remove the trigger or move me to a quieter space until I can relax. Please stay calm and speak softly to me—this lets me know everything is okay.
- ♥ Avoid over-comforting me when I'm scared, as I might misunderstand it as praise for being frightened.

Additional Tips

- **Rescue Remedy:** You might want to try a flower-essence mixture called Rescue Remedy, which you can find on the Fluffy Dog Wellness website (www.fluffydog.net). Just a few drops can help me feel calmer. It's safe and gentle.
- **Training Classes:** Once I've settled in, taking me to a training class can help us bond and teach me good behaviors.

Be Patient With Me

Please remember that I want to be the best dog I can be—I just don't always know how. With your guidance, love, and consistency, I'll learn what you expect from me.

Together, we can do this. I'm so excited to spend the rest of my life with you, and I promise I'll try my best every day.

Thank you for giving me a second chance.

♥ Love,



Your New Dog