

New Rescue Dog



Decompression - The 3, 3, 3 Rule

Bringing home your new rescue dog, must consider the high stress levels the dog has been experiencing. This requires a decompression period, some dogs need it more than other but a good rule to reference is the 3, 3, 3 rule. Referring to 3 days for the dog to decompress, 3 weeks, for the dog to start to feel comfortable, and 3 months for the dog to feel settled.

New owners should consider this when introducing your new dog to new people and environments. It is a very exciting time where you might want to have all your friends over. We recommend waiting 1-2 weeks before having visitors over. Additionally, gradually introduce, e.g. 1 visitor to 2 visitors and so on.

GO SLOW

When should we go for a walk?

- Wait a minimum 3 days before taking your new rescue dog out for a walk,
- Instead spend time at home playing game, getting to know each other and learning basic skills like attention to name.

Should I take my dog to the dog park/cafes/busy areas?

- Wait a minimum of 1-2 months before going to busy areas
- First question - do they enjoy these environments?
- Is your dog's training sufficient, can they recall to name?



Why is Decompression so Important?

- In the dog world, decompression is a method to help your dog calm down, refocus, and settle.
- It's especially helpful for anxious or nervous dogs, allowing them to avoid or recover from crossing their stress threshold.
- Decompression reduces cortisol and adrenaline levels, helping your dog return to a more balanced state.

Help your Dog Decompress

- . Decompression techniques vary, but key principles include:
- . Avoid over-stimulation: Engage in calm games rather than high-energy activities.
- . Create a calm environment: Keep the household peaceful, avoid visitors who excite your dog, and play calming music or TV to muffle outside noise.
- Spend quality time together
- Offer calming activities like licking and chewing