Pup Profile

Decompression

What is decompression?

Decompression is the period of time a dog needs to adjust to a new environment, people, and other animals after arriving in a home. It's an important part of the transition from a shelter to a new home.

QUICK TIPS

Walking your dog around your neighborhood helps get any extra energy out, allows your dog to take in new smells, and is a good opportunity for a bathroom break to avoid accidents in the house.

Using a crate can be helpful to give your dog a safe place to observe their new surroundings. Make sure they have access to water.

Take things slow with your new pup. They are in an unfamiliar environment and need time to adjust. Approach them calmly and give treats, gentle play, affection and routine to help them get settled. Don't rush introductions to other pets or kids.

The best thing you can do for your new pup is to give space and to go at their speed. The **3-3-3 Rule** is a general guideline for the adjustment or decompression period of a dog. Remember, every dog is unique and will adjust differently. **Patience is key!**
Reach out for help if you need it. Give your dog a chance. Don't give up on them!

3-3-3 Rule:

