

# The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

## 3D



### In the first 3 days,

- ☐ Feeling overwhelmed
- ☐ May be scared and unsure of what is going on
- ☐ Not comfortable enough to be "himself"
- ☐ May not want to eat or drink
- ☐ Shut down and want to curl up in his crate or hide under a table
- ☐ Testing the boundaries

## 3W



### After 3 weeks,

- ☐ Starting to settle in
- ☐ Feeling more comfortable
- ☐ Realizing this could possibly be his forever home
- ☐ Figured out his environment
- ☐ Getting into a routine
- ☐ Lets his guard down and may start showing his true personality
- ☐ Behavior issues may start showing up

## 3M



### After 3 months,

- ☐ Finally completely comfortable in his home.
- ☐ Building trust and a true bond
- ☐ Gained a complete sense of security with his new family
- ☐ Set in a routine

# The 3 Days, 3 Weeks, 3 Month Rule

## **In the first 3 days,**

your new dog will be overwhelmed with his new surroundings. He will not be comfortable enough to be himself. Don't be alarmed if he doesn't want to eat for the first couple of days, many dogs don't eat when they are stressed. He may shut down and want to curl up in his crate or under the table. He may be scared and unsure what is going on. Or he may be the opposite and test you to see what he can get away with, kind of like a teenager.

## **After 3 weeks,**

he's starting to settle in, feeling more comfortable, and realizing this really may be his forever home. He has figured out his environment and getting into the routine that you have set. He lets his guard down and may start showing his real personality. Behavior issues may start showing, this is your time to be a strong pack leader and show him what is right and wrong.

## **After 3 months,**

your dog is now completely comfortable in his home. You have built trust and a true bond with your dog, which gives him a complete sense of security with you. He is set in his routine and will come to expect his dinner at his usual time.

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