



Rule of 3 Dogs

Three Days - To Decompress

Your Dog May

- Be overstimulated by their new environment
- Sleep a lot, be overly energetic, or experience more pronounced peaks and valleys in their behaviour
- Have a difficult time settling down

What can you do?

- Not pressure them into situations that may be overwhelming or scary
- Help them understand what is appropriate bathroom places, lounging spots, and things to chew
- Be consistent and patient with them about hand/verbal signals you use for training cues
- Ignore behaviours you DON'T want, instead redirect and reward behaviours you DO want using positive-reinforcement techniques
- Take this time to establish your bond by teaching cues instead of asking for them, being with them more than being away from them, and offering more supervising
- Reward them frequently for behaviour you want

Three Weeks - To Learn Your Routine

Your Dog May

- Start to anticipate meal or walking times
- Begin a pattern of going to the bathroom
- Show patterns in their bursts of energy
- Begin to understand your waking up and sleep times
- Express behaviour problems



What can you do?

- Keep a predictable routine
- Slowly increase the duration of your absence from your dog but still keep them short
- Monitor your dog for signs of stress
- Use positive-reinforcement-based training and avoid aversive tactics like leash correction, spray bottles, etc.
- Follow-up with a behaviour counselor if behaviour issues start to appear
- Follow-up with a veterinarian

Three Months - To Feel Like Part of the Family

Your Dog

- Should have adjusted to a schedule and environment
- Have built a bond with and trust the family
- May still test boundaries at times

What can you do?

- Remember to be patient
- Be consistent with your routine and training
- Be understanding if your dog has setbacks
- Continue with recommended behaviour modifications from a trainer or counselor
- Follow-up with your veterinarian for yearly checkups and vaccinations

If you find yourself concerned that your dog is not settling in, you can always call our Help Line at 403-723-6019.