

How to SETTLE A NEW RESCUE DOG

When a new rescue dog joins our home, we need to give them a period to **decompress**.

Every dog is different, but owners can often incorrectly read anxious, stressed behaviour as excitement and playfulness. You need to assess your own dog and use this just as a **guide** not a rule:



3 days

- Quiet, safe space to decompress.
- No walks or visits outside the home and garden.
- Use as a time to explore the garden and connect with the household family.
- No visitors.



3 weeks

- If your dog is very anxious, then you might wait a few weeks before your first walk.
- Calm, initial walks (not to the busy pub!)
- Introductions to other pets in the home.



3 months

- This is when dogs start to truly settle and 'problem' behaviours start when the dog feels more settled.
- Starting training and exploring more exciting places.

Some dogs will need longer, whereas some dogs might need less time (but almost all dogs need MORE time than their owner expects).



Rushing the initial settling phase can result in stress and anxiety that creates problem behaviours.



Dogs don't understand that this is their 'new home' and that you are a safe place, so they are using this time to figure everything out.

