

# THE 3/3/3 RULE OF ADOPTING A DOG



## 3 DAYS TO DECOMPRESS

### **BIG change**

- Trying to figure out their new environment/routine/family
- A consistent routine is VERY important
- Scared or unsure of what is going on

### **Feeling overwhelmed**

Your new dog may:

- Not eat or drink
- Drink water excessively
- Have accidents in the house or a crate
- Vocalize like whining and howling
- Not want to go outside for walks or yard time
- Shut down or hides under furniture
- Not engage in play or social behaviors
- Be destructive
- Other problem behaviors may occur

### **Physical stress signs**

- Dilated pupils
- Wide eyes
- Furrowed brow
- Lip licking
- Ears back
- Tail tucked

## 3 WEEKS TO LEARN ROUTINE

- Starting to respond to routine cues
- May still hide but coming out more
- House soiling should be reduced (adults)
- Reduction in stress signs
- May still not engage in play or social behaviors
- Other problem behaviors may occur
  - Consider seeking professional help
  - Find resources at [pasadenahumane.org/behavior](https://pasadenahumane.org/behavior)
- You should be beginning to see if this is a “match”



For behavior & training resources, please visit [pasadenahumane.org/behavior](https://pasadenahumane.org/behavior)

*\* It's always okay to return an adopted pet if it's not working out. It may be best for you and the pet. Please contact us at 626.792.7151 for assistance.*

## 3 MONTHS TO START TO FEEL AT HOME

- Should understand routine and have adapted
- Should engage in natural behaviors
  - Loose, wiggly body when greeting family
  - Takes treats gently
- Should be engaging in play and social behaviors
- House soiling should be resolved (adults and older juveniles)
  - If adults/juveniles are house soiling
    - Speak to a vet
    - If medical concerns are ruled out, speak to a training professional
- Other problem behaviors may occur
  - Consider seeking professional help
  - Find resources at [pasadenahumane.org/behavior](https://pasadenahumane.org/behavior)
- You should be more confident that this is a “match”