

Rule of 3-3-3

It doesn't happen overnight & it is not a strict timetable

Some dogs will take longer & some will move back and forth between stages - that's okay!

**3
DAYS**

Decompression, quiet & Safety



- Feeling overwhelmed
- Scared & unsure of what is going on
- Not comfortable to truly be themselves
- May not want to eat, drink or go for a walk
- May have toilet accidents
- May want to just curl up in their safe place, hide and sleep - let them!
- Don't force interaction, keep their life & world small

**3
WEEKS**

Routine, Trust & 'The Real Dog' emerging

- Starting to settle in & feel more comfortable but still easily spooked
- Appetite improving & curiosity appearing
- Learning their routine
- Behaviour issues may start to appear - barking, guarding, wary of men/children/other dogs
- Keep routine and ensure boundaries in place



**3
MONTHS**

Confidence Building, Boundaries & Personality



- More comfortable in their home and know their routine
- Starting to build trust and bonds
- Showing their true personality & preferences
- Bigger emotions appearing - reactivity, guarding, fear
- Gained a sense of security in their home and with their family
- May test the boundaries still - keep to them!

Every dog, home and situation is unique - these milestones will vary & are to be used as a guideline

Go slower than you think & keep expectations realistic

Ask for help early if you are struggling, we are here to help