

The 3-3-3 rule when adopting or fostering a rescue pup

The 3-3-3 rule is a guideline often suggested for people adopting or fostering rescue dogs. It's designed to help the dog acclimate to its new environment and build trust with its new family. Here's a breakdown of the rule:

The **first 3 Days**: The dog is likely feeling scared or unsure of what is happening. Allow the dog some time and space to decompress and adjust to the new surroundings. Avoid overwhelming the dog with too much attention or activities during this initial period. Keep the environment calm and quiet to help the dog feel more secure.

The **first 3 Weeks**: By this phase, the dog should start settling in and feeling more comfortable. However, you may start to see behavior issues show up. Start establishing a routine for feeding, walks, playtime, and training. Dogs often feel more secure when they know what to expect. Work on building trust with the dog. Spend quality time bonding through gentle interactions, positive reinforcement, and patience.

The **first 3 Months**: The dog should begin feeling more comfortable and falling into a routine. During this period, you want to continue helping the dog settle into its new home and environment while building a strong and positive relationship. Gradually expose the dog to new experiences, people, and environments. This helps them become more comfortable and confident. Patience, consistency, and training are key elements in successfully integrating a rescue dog into your home.

Every dog is unique, and the adjustment period may vary. Some dogs may need more time and patience, while others may adapt more quickly. The 3-3-3 rule serves as a general guideline to help both the dog and the adopter or foster parent navigate the initial stages of the transition. Additionally, consulting with a professional dog trainer can be beneficial for personalized guidance.

Welcoming a new dog requires patience and preparation. For more advice or if you are looking for additional help with a new dog you are welcoming into your home, contact Proper Paws at taylor@proper-paws.com or online at www.proper-paws.com!

