

# FIRST WEEK AT HOME

While settling in, your new family member will need a **DECOMPRESSION PERIOD**.

Some dogs take several weeks to decompress. But, the first **THREE DAYS** are critical for every dog. Please do not overstimulate them during this time.

## **Some things to avoid are:**

- Trips to places like pet stores or dog parks
- Exciting games like tug-of-war or wrestling
- Interactions with other dogs or other pets of any kind
- Too much physical or verbal affection
- Introducing them to too many people, even family
- Interactions with children, unless they are very respectful
- Harsh corrections or punishments of any kind

## **Some things to include:**

- Long calm walks that allow plenty of time for sniffing around
- Scent-swapping and trading blankets and bedding between pets
- Crate training
- Potty training
- On-leash exploration of their new house
- Quiet time, on-leash, with their new family
- Close supervision to prevent mistakes and introduce house rules in a stress-free way

**You cannot rush this process.** The body will process stress hormones at its own rate. The mind will acclimate to their new reality at its own rate. Do not worry and do not push your new dog too hard. They already love you. Love them back by giving them a calm, predictable, stress-free decompression period.



**HERITAGE**  
**HUMANE SOCIETY**