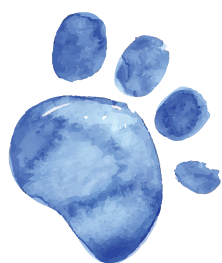


From Rescue



to

Home

Your Survival Kit

- ✓ Adjusting to a New Home: What to Expect
- ✓ 3-3-3 Rule Explained
- ✓ 3-3-3 Guideline of Adopting a Rescue Dog
- ✓ New Dog Shopping Checklist
- ✓ Dog Proofing Your Home Checklist
- ✓ Bringing Your Adopted Dog Home Checklist
- ✓ Dog Training Tips
- ✓ Dog Body Language Cheat Sheet
- ✓ More Support and Next Steps



Welcome

Welcome to your “From Rescue to Home: Your Survival Packet!” We are so glad you’ve chosen to adopt a rescue dog and provide them with a loving home.

This packet is designed to support you during the initial stages of your journey, offering practical tips and resources to ensure a smooth transition for your new dog.

Inside this packet, you’ll find valuable information on understanding and caring for your rescue dog, essential supplies, basic training tips, and much more.

Our goal is to help you and your dog build a strong bond and a happy, fulfilling life together.

Remember, adopting a rescue dog is a wonderful and rewarding experience, but it can also come with challenges. We’re here to help you navigate these challenges and celebrate the joys of your new companionship.

Thank you for opening your heart and home to a rescue dog. Together, we can make a difference, one dog at a time.



We help your rescue dog live their best life through love, healthy choices, and mindful training.

© Rescue Dogs 101

Take Your Dog’s Confidence to the Next Level



Ready to build your dog’s confidence with proven strategies and practical tools? Our comprehensive toolkit is designed to help you raise a confident, happy dog.

GET THE TOOLKIT



Transform training into a fun and experience with techniques that reduce anxiety and boost your dog’s confidence. Be your dog’s superhero and guide them to their best life.

JOIN THE FUN

Adjusting to a New Home: What to Expect

Adopting a rescue dog is a journey filled with love, patience, and understanding. Here's what you need to know to help your new pup adjust to their new home:

Rescue dogs often come with a history of experiences that can influence their behavior. They might be shy, fearful, or unsure at first. It's important to give them time to adjust and provide a calm, loving environment.

During the first few days and weeks, your dog will be learning about their new surroundings, routine, and family members.

Here are some tips to ease the transition:

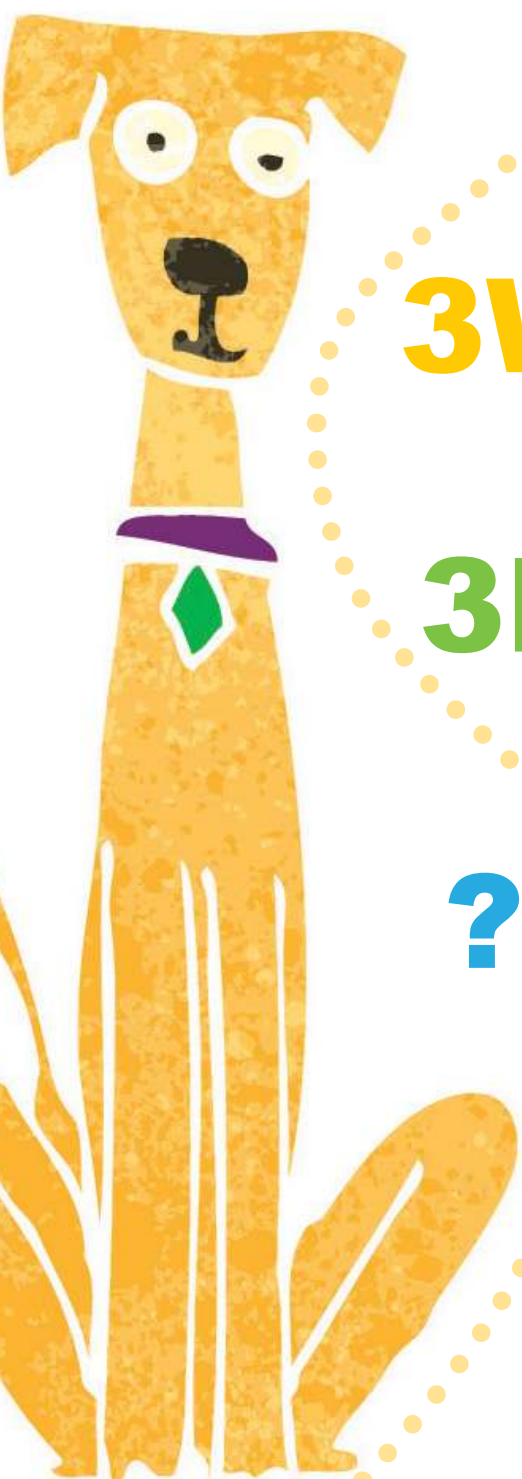
- Be patient and gentle as your dog learns to trust you.
- Keep a consistent routine for feeding, walks, and bedtime.
- Provide a quiet, safe space where your dog can retreat and relax.
- Spend time just being with your dog, with no expectations.
- Watch your energy as your dog feels what you feel. If you are anxious about the new dog, they will feel anxious too.

The transition period is different for every single dog. Some slide right into a new home like they've always been part of the family. Other dogs need a few weeks, while others may need many months, possibly years to learn to trust their new family. No matter how long it takes your dog, just know that you have provided a safe new life for them and that's what matters most.

*No two paths are the same,
just as no two dogs are the same.*

The 3-3-3 Rule Explained

The 3-3-3 rule is a guideline to help you understand what your rescue dog may be experiencing as they adjust to their new home. Here's what to expect:



3D

In the first few days,

your dog may feel overwhelmed and nervous. They might not eat or drink much and could be scared or unsure about their new environment. Due to the stress potty accidents may occur. During this time, they might hide or be very cautious around you and your family. Alternatively, they might test boundaries to see what they can get away with, similar to a teenager.

3W

After several weeks,

your dog will typically start to settle in, feeling a little more comfortable and beginning to understand their new routine. They may start to show their true personality and begin to trust you more. Expect to see some changes in behavior as they start to relax.

3M

After several months,

Your dog may start to trust you and feel secure in their new home. They may begin to settle into a routine and become comfortable with their environment. This period is when you will see your dog's true personality and begin to build a deeper bond.

??

Adjusting to the Timeline

Remember, these timelines are general guidelines. Every dog is unique, and some may take longer to adjust. It's important to be patient and not rush the process. **If your dog takes 6, 8, or even 12 months to fully adjust, that's completely normal.** The key is to provide a consistent, loving environment and celebrate the small victories along the way.

Your understanding and support during these phases are crucial in helping your rescue dog feel at home and begin to thrive.

The 3-3-3 Guideline of Adopting a Rescue Dog

3D



In the first few days:

- ☐ Feeling overwhelmed
- ☐ May be scared and unsure of what is going on
- ☐ Not comfortable enough to be themselves
- ☐ May not want to eat or drink
- ☐ Might shut down and want to curl up in their crate or hide under a table
- ☐ Testing boundaries

3W



After several weeks:

- ☐ Typically starting to settle in
- ☐ Feeling more comfortable
- ☐ Realizing this could be their forever home
- ☐ Figuring out their environment
- ☐ Getting into a routine
- ☐ Letting their guard down and starting to show their true personality
- ☐ Behavior issues may start to appear

3M



After several months:

- ☐ Comfortable in their home
- ☐ Building trust and a true bond
- ☐ Gained a complete sense of security with their new family
- ☐ Settled into a routine



EVERY DOG AND SITUATION IS UNIQUE – THESE MILESTONES WILL VARY

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Your dog may need six months or even several years to become totally comfortable in their home. Give your dog space and allow them to go at their own pace. Be there to support them through this journey by showing them they can trust you.

For additional support and resources, visit [RescueDogs101.com](https://www.RescueDogs101.com)

New Dog Shopping Checklist

Shopping for a new pup is fun, but also can get expensive real quick. Go shopping BEFORE you bring home your new dog. Keep to our basic shopping list at first, then you can add more items as you get to know your dog and what he will really need.

A complete list of product recommendations:

New Dog Shopping List



Leash, Collar, and ID Tag

Food and Treats

Food and Water Bowls

Crate and/or Puppy Play Pen

Baby Gate(s)

Toys and Chew Toys

Dog Bed

Dog Shampoo

Brush

Nail Clippers or Dremmel

Dog Toothbrush and Toothpaste

Pooper Scooper

Poop Bags

Enzyme Cleaners

Mini Carpet Cleaner

Other _____



Dog Proofing Your Home Checklist

Just like if you were bringing home a new baby, your house needs to be safe for your new dog. Even if you are adopting an adult dog, your house needs to be safe.

Start by laying down and/or crawling on your hands and knees on your floor, what do you see? Search for anything small, wires from TV, phone and chargers, TV remote, shoes, kids toys, pens, gum....

10 Puppy Proofing Tips



Electrical Cords and Phone Chargers

Trashcan (Kitchen, Bathroom, Office)

House Plants

People Food

Kids Toys

Toilet Bowls

Medicine Bottles

Cleaning Supplies

Dangerous Hiding Places (Recliner Chairs, Unstable Shelves or TVs)

Balcony Or High Deck

Backyard Fence, Plants, Lawn Chemicals

Garage Chemicals

Checklist Bringing Your Dog Home

Welcoming a new dog into your home is an exciting experience, but it's important to take things slow to help them adjust. Here's a checklist to ensure a smooth transition:

Car Ride Home – Keep your new dog on a leash and in a crate for the car ride to ensure safety and reduce stress.

First Walk – Take a long, calm walk before entering your home to help them burn off nervous energy.

Separate from Existing Pets – Keep existing pets separated for at least 24 hours to avoid overwhelming the new dog.

Gradual Introduction to Home – Introduce your dog to the house slowly, one room at a time.

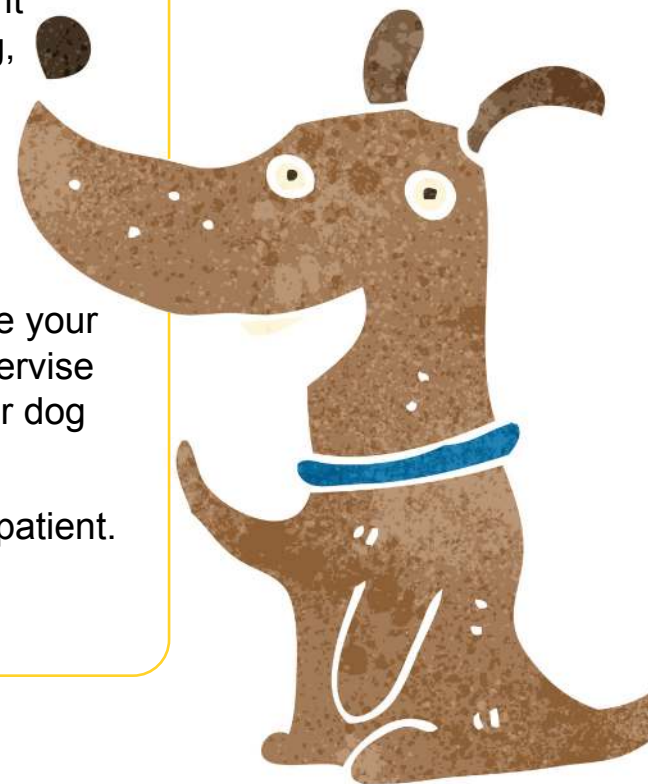
Quiet First Few Days – Keep the first few days quiet with no special outings or visitors.

Establish a Routine – Create a consistent routine from day one with regular feeding, walking, and bedtime schedules.

Training Classes – Sign up for training classes to establish good behavior and strengthen your bond.

Supervision with Children – Never leave your new dog alone with children. Always supervise interactions to ensure safety for both your dog and your children.

Stay Calm and Patient – Stay calm and patient. Familiarize yourself with the 3-3-3 rule to understand the adjustment period.



Dog Training Tips

Training is an ongoing process that strengthens the bond between you and your dog. Enjoy the journey and celebrate the small victories along the way!



1

Have fun

Training your dog should be a fun and rewarding experience for both of you. Use your dog's love language (food, games and touch) to keep them interested and engaged.

2

Keep training sessions short

Aim for training sessions that last 5-10 minutes to keep your dog engaged and prevent overwhelm.

3

Use positive reinforcement

Use treats, praise, or play as rewards for good behavior. Positive reinforcement encourages your dog to repeat the actions that earn them rewards.

4

Be consistent

You must be consistent every day, all of the time. Inconsistency equals a confused dog.

5

Patience is a virtue

Training takes time and patience. Don't get discouraged if progress feels slow. Every dog learns at their own pace.

6

Practice everywhere

Introduce your dog to different people, places and things. Train your dog in various environments to help them generalize their behavior. A well-trained dog should listen both at home and in public places.

7

Pet the behavior you want from your dog

This is the simplest most basic training tip, but also the most important. Any time you pet your dog or give them any attention you are affirming that behavior. You get what you pet.

8

Be careful on how you use your dogs' name

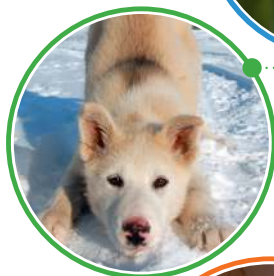
Save your dogs name for giving them praise to ensure your dog will respond and come to you when called. Your dogs name is a command, the command to look at you and come when called.

Dogs Body Language Quick Cheat Sheet



Calm and Relaxed

Body: Relaxed posture
Tail: Relaxed, wide sweeping or circular wag
Ears: Relaxed
Eyes: Relaxed, small pupils at the center
Mouth: Relaxed, mouth closed or opened slightly



Playful

Body: Play bow, front legs on ground with butt up
Tail: Up and wagging
Ears: Up
Eyes: Pupils dilated
Mouth: Open or closed



Alert

Body: Standing tall posture, hackles up
Tail: Horizontal
Ears: Perked up, forward and high on head
Eyes: Wide open
Mouth: Closed and quite



Dominant

Body: Stiff posture, hackles may be raised, mounting
Tail: High and stiff or wagging
Ears: Perked up, high on head
Eyes: Wide open
Mouth: Closed or possible growling



Aggressive

Body: Stiff posture, hackles may be raised
Tail: High and stiff wagging
Ears: Held up and back
Eyes: Wide, whites of eyes visible (whale eye)
Mouth: Growling, lips curled, teeth visible



Fearful or Anxious

Body: Trembling or cowering
Tail: Tucked or low and slowly wagging
Ears: Tilted back or flattened
Eyes: Avoidance, whites of eyes may be visible
Mouth: Yawning, licking lips, whining, dry panting



LEARN HOW TO SPEAK DOG

Calming Signals

Yawning • Licking his lips • Head turning away • Shaking body • Walking in a curve • Walking slowly or freezing
Lifting one front paw • Lowering the head, sniffing ground • Scratching • Raised or furrowed eyebrows

Take Your Dog's Confidence to the Next Level

It's time to implement what you've learn. Start using the tips and guidelines from this kit to help your rescue dog adjust and feel comfortable in their new home. Remember to be patient and stay consistent. Many rescued dogs need a little extra love and a lot of time to learn to trust again.



Super Dog Confidence Toolkit

Ready to build your dog's confidence with proven strategies and practical tools? Our comprehensive toolkit is designed to help you raise a confident, happy dog.

GET THE TOOLKIT



Canine Confidence Play Therapy Program

Transform training into a fun and experience with techniques that reduce anxiety and boost your dog's confidence. Be your dog's superhero and guide them to their best life.

JOIN THE FUN

Join Our Community in Helping Animals in Need



It takes a village to help animals in need. If you know a friend or family member who could benefit from this resource, please direct them to get their copy at RescueDogs101.com.



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