



**METHOD DOG  
TRAINING**  
*for the love of dogs*

# 3-3-3 Adopting A Rescue Dog

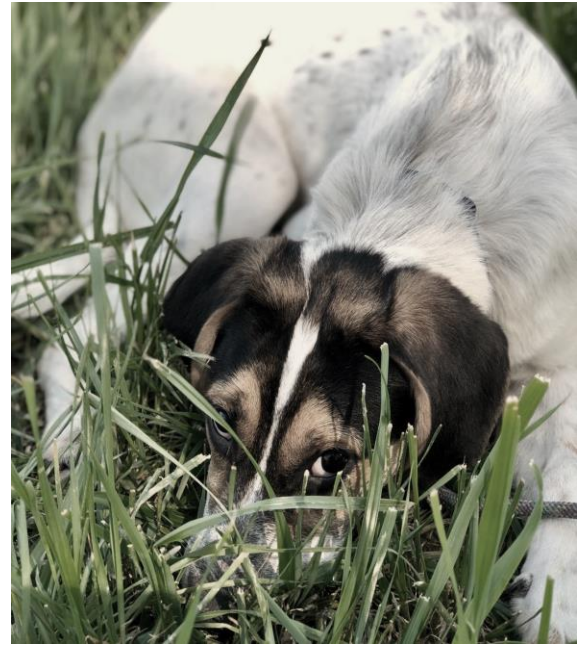
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## **3 Days**

Trying to figure out their new family and environment.

### **Feelings:**

overwhelmed and nervous, shy, anxious and unsettled.



## **3 Weeks**

Beginning to feel at home and start to follow a routine.

### **Feelings:**

more comfortable, curious, testing boundaries, possibly mischievous.

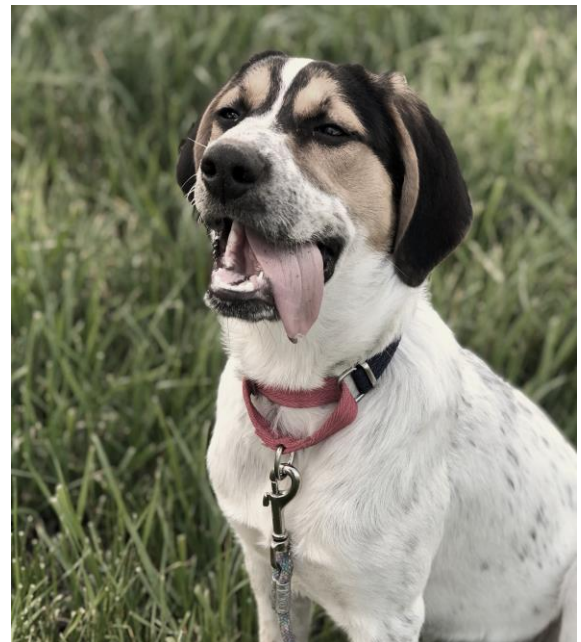


## **3 Months**

Integrating fully and finally feel like part of your family.

### **Feelings:**

more trusting, settling and relaxed, revealing personality.



# REFERENCE GUIDE

## 3 DAYS - 3 WEEKS - 3 MONTHS RULE

### First 3 Days

During the initial days at home, allow your new dog to explore their surroundings and adjust to new sights, sounds, and smells. Be patient if they're not immediately interested in food or water. Some dogs may feel overwhelmed and seek a safe space, while others might test boundaries. Remember, their true personality will emerge over time as they learn to trust you and their environment. Go at their pace.

#### Expectations for the dog

- Overwhelmed and nervous
- May not eat or drink much
- Scared or unsure about the environment
- Possible potty accidents due to stress
- May hide or be cautious around your
- Testing boundaries

#### Owner's role

- Limit interactions
- Provide a Safe Space, offer crate or quiet area
- Be patient and understanding
- Dog-proof your home
- Allow time for acclimation

### First 3 Weeks

Your new dog is starting to figure out you and your environment. They are starting to understand that this is their new home and so their true personality is starting to come out. They are feeling more comfortable, which also means that they may be "getting in trouble" more. They are probably testing the boundaries more and more.

This is the time to ramp up training

- Starting to settle in
- Feeling more comfortable
- Realizing this could be their forever home
- Figuring out their environment
- Getting into a routine
- Showing more of their personality
- Behavior issues may arise

- Maintain consistency
- Establish routines
- Build trust
- Start socialization
- Address any behavior challenges

### First 3 Months

During this time, your dog becomes an integral part of your family. Strengthen your bond through play and training. They'll settle into a daily routine, perhaps even reminding you of feeding or walking times. You'll know their personality and the endearing quirks that make them unique. At this point, your dog realizes they're with you for life.

- Starting to trust and developing a bond
- More confident
- True personality starts to come out

- Spend quality time to continue build trust and positive relationship
- Continue socializing with various environments, people and animals



In collaboration with New Hope Animal Rescue, NFP  
[NewHopeAnimalRescue.org](http://NewHopeAnimalRescue.org)



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