



The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 Rule is a general guideline. Every dog is unique and will adjust differently. Your dog has had to adjust to many different environments recently, so it is important to give him space and allow him to go at his own pace.

In the first **3 days**

- 🐾 May be scared and unsure of what is going on
- 🐾 Feeling overwhelmed
- 🐾 Not comfortable enough to be 'himself'
- 🐾 May not want to eat or drink
- 🐾 Shut down and want to curl up in his crate or hide under a table
- 🐾 Testing the boundaries

After **3 weeks**

- 🐾 Starting to settle in
- 🐾 Feeling more comfortable
- 🐾 Realizing this could possibly be his forever home
- 🐾 Figured out his environment
- 🐾 Getting into a routine
- 🐾 Lets his guard down and may start showing his true personality
- 🐾 Behavior issues might start showing up – best to quickly address with training

After **3 months**

- 🐾 Finally completely comfortable in his home
- 🐾 Building trust and a true bond
- 🐾 Gained complete sense of security with his new family
- 🐾 Set in a routine