

## Your First Week

Congratulations on your new furry addition! Bringing home a new puppy is an exciting and rewarding experience with a few early challenges. Here's what you can expect during your first week with your new puppy. First off please make sure to puppy-proof your home, and get on their eye level.

**1. DECOMPRESSION/BONDING:** Your puppy will need some time to adjust to their new surroundings. They may feel anxious, scared, or lonely as they acclimate to their new environment. Make sure to create a comfortable and safe space for them to sleep and play. The first 3 days are decompression days, so bonding with your new puppy is crucial during the first week. Spend time playing with them, cuddling, and showing them affection. This will help build a strong bond between you and your new furry friend!

**2. ROUTINE:** You should establish a routine for feeding, potty breaks, exercise, and playtime. Puppies thrive on routines and consistency, so this will help mold them to their new home faster. Consistency is key when it comes to training your new puppy. Start feeding them 3x a day so their output can be monitored and more predictable.

**3. NIGHTS:** Expect some sleepless nights. Puppies tend to wake up frequently during the night, so be prepared for some interrupted sleep. But don't worry, this is only temporary, and your puppy will eventually settle into a more regular sleep pattern, by night 4 you'll regain some sleep.

**4. HOUSE TRAINING:** It takes time and patience, so don't get discouraged if your puppy has a few accidents in the beginning. Keep a close eye on them and take them outside frequently to reinforce good habits. Generally, if they have an accident early on it's really not their fault, it's their humans for not setting a timer. Usually, by 6 months they are fully house trained, during this process you will have 20 steps forward and 10 backward.

Finally, don't forget to have fun! Enjoy your time with your new furry friend and make lots of memories together. Puppies grow up fast, so cherish every moment. With patience, consistency, and lots of love, you'll be on your way to building a lifelong bond with your new LOVE!

**Remember: It is Easier to Prevent Bad Behaviors than to Fix Them!**

# IT DOESN'T HAPPEN OVERNIGHT

## The 3/3/3 Rule - 90 Days

This is a general guideline for the adjustment process for a Puppy into a new environment.  
Every dog is unique and will adjust differently!

### 3 Days To Decompress

- Feeling overwhelmed
- May feel scared and unsure of what's going on
- Not comfortable enough to be "alone"
- May not want to eat or drink
- Shuts down and wants to curl-up in crate or hide under furniture
- Testing the boundaries
- 2 to 3 times a Day Feeding



### 3 Weeks To Learn Your Routine

- Starting to settle in
- Feeling more comfortable
- Realizing this could be a forever home
- Figured out the environment
- Getting into a routine
- Begins to let their guard down and may start showing their true personality
- Behavior issues may start to appear

### 3 Months To Start To Feel At Home

- Finally feels completely comfortable in the home
- Begins building trust and truly bond
- Gains a complete sense of security with new family
- Sets into a routine and schedule



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