



Dog Coalition and Rescue

Letting Your New Rescue Dog Decompress

Bringing a rescue dog into your home is exciting, but it can also be overwhelming for the dog. Many rescues have experienced stress, change, or trauma, and they need time to feel safe. This period is called **decompression**, and it's essential for a successful transition.

Why Decompression Matters

- Helps reduce stress and anxiety.
 - Allows the dog to adjust to new sights, sounds, and smells.
 - Builds trust and sets the foundation for training and bonding.
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Tips for a Smooth Decompression Period

1. Give Them Space

- Set up a quiet area with a crate or bed where the dog can retreat.
- Avoid overwhelming them with too much attention or activity.

2. Keep Things Calm

- Limit visitors for the first few days.
- Keep noise and activity levels low—no big parties or loud environments.

3. Stick to a Routine

- Feed, potty, and walk at consistent times.
- Predictability helps the dog feel secure.

4. Use the Crate

- Crate time is not punishment—it's a safe zone.
- Encourage short, positive crate sessions throughout the day.

5. Slow Introductions

- Introduce family members and other pets gradually.
- Supervise all interactions until you're confident everyone is comfortable.

6. Avoid Overstimulation



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- Hold off on dog parks, busy outings, or training classes for at least a week.
- Start with short walks and calm environments.

7. Watch for Stress Signals

- Signs like pacing, panting, hiding, or refusing food mean they need more time.
- Be patient—every dog decompresses at a different pace.

General Timeline

- **First 3 Days:** Quiet time, basic care, and gentle interaction.
- **First 3 Weeks:** Begin light training and bonding activities.
- **First 3 Months:** Full adjustment and confidence building.

Remember: Patience and consistency are key. A calm start sets the stage for a happy, well-adjusted dog.