



Bringing Home Your New Dog

Doggie R & R

Sit and Stay, The K9 Way!

www.doggierandr.com | doggierandrtx@gmail.com | 272-226-9203

A Guide from Doggie R & R to Support Your First Days Together

Welcome Home!

Congratulations on your adoption! This guide is here to help your new dog adjust, build trust, and transition smoothly into your home and routine. Our goal is to set you and your dog up for lifelong success together.

1. The First 3 Days: Decompression Time

- Keep things quiet and calm.
 - Limit visitors, new experiences, and loud environments.
 - Allow your dog to explore slowly, at their own pace.
 - Keep them on leash indoors if needed to guide gently and establish boundaries.
-

2. Decompression Activities to Help Your Dog Adjust

In addition to creating a calm environment, these activities can help your new dog feel more secure:

- **Sniff walks:** Let them lead on leash and sniff—this calms the brain.
- **Lick mats or frozen Kongs:** Great for calming and creating positive downtime.
- **Calming music:** Classical or dog-specific playlists can ease anxiety.
- **Enrichment puzzles:** Food-dispensing toys provide mental stimulation.
- **Gentle play or tug:** Low-energy play builds connection at your dog's pace.

- **Sit near them quietly:** No pressure to engage—just be present and available.

These help your dog decompress and begin bonding without overwhelming them with commands or too much activity.

3. Establish a Routine

Dogs thrive on consistency. Start a predictable daily rhythm:

- Set consistent feeding times.
 - Take regular potty breaks (especially after eating, waking, or play).
 - Schedule daily walks and quiet nap time.
 - Create a calm bedtime routine.
-

4. Safe Spaces and Boundaries

- Use a crate, playpen, or quiet corner as your dog's sanctuary.
 - Baby gates can limit access and help prevent accidents.
 - Allow space—don't force affection or handling.
-

5. Training and Communication

- Reward calm, good behavior with praise, treats, or toys.
 - Keep sessions short and positive.
 - Start with simple commands like “sit,” “come,” “place,” and leash walking.
 - Be patient—they're still learning.
-

6. Children and Other Pets

- Always supervise interactions.
- Teach kids to be calm, gentle, and respectful.
- Introduce other pets slowly and with space—it may take weeks to adjust.

7. The First Vet Visit

- Schedule a check-up within 1–2 weeks.
 - Bring any medical records provided.
 - Ask about vaccinations, microchip registration, heartworm/flea/tick preventatives.
-

8. Common Adjustment Behaviors

You might notice:

- Extra sleep or hiding
- Whining or pacing
- Accidents indoors
- Mild chewing or barking

This is normal! Adjustment takes time. Remember: 3 Days to decompress, 3 Weeks to settle, 3 Months to fully bond.

9. We're Here to Help

You're not alone. If you need support, training tips, or feel uncertain at any point, reach out:

Doggie R & R

doggierandrtx@gmail.com

272-226-9203

www.doggierandr.com

We're thrilled to be part of your journey.

Welcome to the Doggie R & R Family!