



Welcoming Your New Dog

Contents

Information and Advice	2
Chapter 1: Preparing For Your Dog's Arrival.....	2
Supplies checklist:.....	3
Chapter 2: The Ride & Arrival Home	4
During the Ride Home:	4
Upon Arrival:	4
Chapter 3: Settling In	4
The 3-3-3 Rule	4
The First 3 Days	5
The First 3 Weeks.....	5
The First 3 Months	6
Things to Do:	6
Things to Avoid:.....	7
Chapter 4: Introducing Your New Dog to Other Pets	7
Dog to Dog Introductions.....	7
Dog to Cat Introductions	8

Dog to Caged Pets Introductions	8
Dog to Children Introductions	8
Chapter 5: Developing Routine & Structure with Your New Dog	9
Chapter 6: Behavior & Training	9
Puppy Training	9
House Training	10
Crate Training	10
Chewing	10
Jumping	10
Barking	10
Digging	11
Bolting	11
Home-Alone Anxiety	11
Chapter 7: Medical Treatment	12
Chapter 8: Conclusion	13

Information and Advice

Congratulations on adopting a rescue dog from Pacific Pug Rescue! This booklet is designed to answer common questions about caring for your new companion. Please reach out if you need any additional information or advice.

Pacific Pug Rescue pugs@pacificpugrescue.org

Website: www.pacificpugrescue.org

Chapter 1: Preparing For Your Dog's Arrival

Before bringing your dog home, you'll want to prepare your space to ensure the dog's safety and comfort. Choose a room where the dog can be kept initially, such as a kitchen or family room. This will help ease the transition, prevent accidents, and make supervision easier. Avoid isolated rooms, as dogs are social creatures and benefit from being near people, especially when adjusting to a new environment.

Here are some steps to prepare:

Supplies checklist:

- **Food:** Choose high-quality dry kibble suitable for your dog's age and size. Consult with your vet about their dietary needs.
- **Food and Water Bowls:** Choose appropriate food and water bowls for your dog. Pacific Pug Rescue recommends the Fluff Trough, an elevated food/water bowl made with brachycephalic breeds in mind.
- **Crate and/or Dog Bed:** Provide a soft, clean, and dry place for your dog to rest.
 - **Size:** The crate should be large enough for the dog to stand, turn around, and lie down comfortably but not so big that they have room to use one area as a bathroom.
 - **Type of Crate:** There are various crate styles, including wire crates, plastic crates, and soft-sided crates. Wire crates offer good airflow and visibility, while plastic crates provide a more enclosed, den-like feel that may help anxious dogs feel safer.
 - **Dog Bed:** Choose a dog bed that fits in the crate or can be kept in a designated area for your new dog.
- **Toys:** Choose toys that challenge your dog mentally and physically.
- **Grooming Supplies:** Select appropriate grooming tools for your dog's coat.
- **Leashes:** We recommend a standard 5-6ft leash. We do not recommend a retractable leash, which is harder to control, easy to tangle, and may snap.
- **Collar/harness:** We recommend using a harness for all our dogs to prevent pressure on their airways from leash pulling. Brachycephalic breeds like pugs need special attention to ensure their breathing is unobstructed.
- **Cleaning Products:** Accidents will likely happen as your new dog adjusts. Have an enzyme-based cleaner handy for potty accidents to eliminate odors.
- **Dog-proof the area:** Remove anything that could pose a hazard, such as electrical wires, small objects that can be swallowed, or household plants that may be toxic.
- **Use a baby gate:** Block off sections of your house that you don't want the dog to access initially.
- **Create a cozy space:** Provide a crate or a comfortable bed in a quiet corner of the room. Crates can help the dog feel secure and aid in housetraining. Add blankets to make the dog feel at ease.
- **Secure your yard:** Ensure your fence and gate are secure, and check for any sharp objects or poisonous plants.

Chapter 2: The Ride & Arrival Home

During the Ride Home:

- **Use a crate:** It's recommended that your new dog rides home in a crate or is secured in the back seat.
- **Separate dogs:** If you bring your current dog, keep them separated in the car to prevent territorial disputes.
- **Avoid distractions:** Keep children calm and avoid giving the dog any treats in the car. Some dogs may become motion sick in the car so prepare with cleaning supplies if needed.
- **Go straight home:** Head directly home without making stops for supplies or visits.
- **Safety first:** Make sure to grab the leash before opening the car door to prevent your dog from bolting.

Upon Arrival:

- **Go potty first:** Immediately take your dog to the designated potty area.
- **Introduce the home calmly:** Once inside, show your dog where their food and water are, and keep things low-key to avoid overwhelming them.
- **Supervise closely:** Watch your dog as they explore and be ready to guide them to the correct potty area if needed.
- **Gradual freedom:** Restrict access to parts of the house until they are fully settled.

Chapter 3: Settling In

The 3-3-3 Rule

The 3-3-3 rule is a guideline for transitioning a rescue dog into their new home and helping them to settle in. It suggests that the first three days should be used for adjusting to their new surroundings, the next three weeks for training and bonding, and the first three months for continued socialization and training.

The 3-3-3 rule provides a roadmap for the adoption process and helps ensure a smooth transition for both the dog and the owner. It also helps set realistic expectations and prevents common mistakes such as overloading the dog with too much too soon. By following the 3-3-3 rule, owners can give their rescue dog the time and support it needs to adjust and become a well-behaved member of the household.

The First 3 Days

The first three days in a new home can be very overwhelming for your dog — and every dog will react differently. Some may exhibit signs of fear and withdrawal, while others might pace or eagerly investigate every nook and cranny of your house. Your dog might have accidents, even if they're already house-trained.

This is all normal behavior for a dog suddenly thrust into a new environment with unfamiliar people and scents, so try not to panic. These first few days are not a reflection of how your dog will behave forever.

Think of your new dog's first three days as their time to decompress. Here's how to care for and respond to your dog during this phase:

- **Limit interaction:** While you'll likely want to immediately shower your new dog with affection, it's important to allow them to settle in without overwhelming them with too much attention. Giving them space to explore their new surroundings at their own pace will help avoid overstimulation and allow them to feel more in control. (But if your dog actively seeks your attention, then by all means, give them some love!)
- **Keep things quiet:** Avoid hosting gatherings or exposing your dog to loud noises and commotion that could overwhelm them.
- **Provide a cozy space:** Provide your dog with a comfortable space of their own, like their own bed with a cozy blanket and plush toy.
- **Introduce them to a routine:** Start a simple daily routine for feeding, bathroom breaks, and short walks around your home. Predictability and consistency can help them feel secure and understand what to expect

The First 3 Weeks

The second phase of the 3-3-3 rule extends over three weeks. During this time, your new dog is likely to gradually settle in and grow more comfortable. You may notice them starting to let their guard down and reveal glimpses of their true personality.

Most dogs will still feel some uncertainty about their new environment and daily routine, which can manifest as occasional anxiety or restlessness. It's also not uncommon for a new dog to start testing boundaries, like a teenager seeing what they can get away with.

The focus of these three weeks should be on establishing a routine, introducing basic training, and deepening your bond with your new canine companion. Here's how to navigate this crucial period:

- **Build a solid routine:** Continue to reinforce a daily routine for feeding, bathroom breaks, and exercise. Consistency is key, as it helps your dog feel more secure and confident in their new home.
- **Teach basic training:** Begin teaching your dog their name and basic commands like "sit," "stay," and "come." Use positive reinforcement by giving your dog a treat and praise when

they're successful. Keep training sessions short and engaging to maintain your dog's interest and motivation.

- **Begin socialization:** Slowly introduce other pets and people in your home but do so in a controlled manner.
- **Provide consistent feedback:** Give your dog calm, clear feedback when they're engaging in behavior you wish to discourage. It's important to set boundaries from the outset, such as establishing rules about not climbing on furniture or not chasing other pets in your home. Conversely, praise and/or reward every success and positive behavior they exhibit.
- **Encourage light exploration:** Allow supervised exploration of various areas in and outside your home. This allows your dog to become familiar with their environment and build confidence.

The First 3 Months

The final phase of the 3-3-3 rule spans three months. During this phase, most dogs will feel quite comfortable in their new home. They'll build trust and a bond with you and will know their routine well. This phase is all about nurturing your dog's development, gradually expanding their horizons, and deepening your connection.

In addition to continuing your daily routine and providing consistent feedback, here's what you can do during this period:

- **Add in more advanced training:** Build on the basic training your dog has learned and introduce more advanced commands, such as "watch me," "wait," "down," and "leave it." Consider enrolling your pup in a dog-training class to further enhance their obedience and socialization skills.
- **Facilitate new environmental exposures:** Continue to expose your dog to different environments, people, and situations. This helps them become more adaptable and confident in various settings.
- **Learn their preferences:** Pay attention to your dog's favorite toys, treats, activities, and types of exercise. This knowledge will not only help strengthen your bond but also allow you to provide them with the best possible care and enrichment.

Things to Do:

- **Show your dog what to do:** Guide them to their potty area, food, water, and bed, and praise good behavior.
- **Use positive reinforcement:** Reward your dog with praise and small treats for good behavior.
- **Teach or Practice "Sit":** If your dog knows how to sit, encourage them to sit before meals, when doors open, or when putting on a leash. If they don't know "sit," wait for calm behavior and reward it.

- **Control Mealtimes:** Have your dog sit or wait before eating, and once they start, avoid disturbing them.
- **Supervise interactions:** Always monitor interactions between your dog and children or other pets.
- **Crate use:** If crate-trained, use the crate for calm confinement, especially at night in your bedroom (**See the crate training section** if your dog isn't crate trained).
- **Exercise:** Go on long, on-leash walks to provide brisk exercise.
- **Training:** Enroll your new dog in a training class to help build good habits.

Things to Avoid:

- **Avoid punishment:** Ignoring undesirable behaviors and rewarding good ones works better than punishment and punishments may result in unanticipated additional negative behaviors.
- **Don't engage in rough play:** Games like tug-of-war or wrestling can encourage aggressive behavior.
- **Limit freedom initially:** Keep your dog on a leash, even indoors, especially around children or other pets.
- **Don't overwhelm them:** Avoid giving your dog a bath or grooming too soon, and don't overwhelm them with guests or loud gatherings.
- **Avoid forcing your dog:** Use a leash and treats to guide your dog, rather than physically forcing them to move.
- **Careful with kids:** Don't let children crowd your dog or handle them unsupervised.
- **Avoid crowded places:** Start with calm environments rather than crowded areas like markets or parks.

Chapter 4: Introducing Your New Dog to Other Pets

Dog to Dog Introductions

Introducing your new dog to other dogs, especially in your household, can be a delicate process. The key is to stay calm and give both dogs time to adjust.

- **Take a walk:** Before going inside the house, take a short walk with both dogs to reduce stress.
- **Control the introduction:** Keep the leash on the new dog to control their movements. Avoid giving either dog attention until both are calm.
- **Feed separately:** Initially, feed the dogs in separate areas and refrain from giving them high value treats like bones, as these can cause tension.

- **Manage territory:** Avoid tight spaces, doors, or crowded areas during the first few introductions to prevent territorial disputes.
- **Monitor play:** Don't engage the dogs in high-energy games like tug-of-war or fetch. Let them get accustomed to each other before allowing rough play.
- **Safety first:** Crate your new dog or separate the dogs when you're not at home until you're confident they can get along.

Dog to Cat Introductions

Introducing a new dog to a cat can be challenging, as cats may feel threatened by the newcomer and some dogs may have not interacted with a cat before.

- **Create space:** Ensure your cat's food, water, and litter box are in an area that the dog cannot access.
- **Supervised meetings:** Start by having the cat on a raised surface like a table while the dog is on a leash. Allow them to sniff each other under close supervision.
- **Reward calmness:** Reward your dog with treats or praise for calm behavior. Repeat short, calm interactions over time.
- **Watch for signs:** If either animal seems overly aggressive or stressed, separate them and try again later.
- **Patience is key:** Cats take time to adjust. Make sure your cat has a private, dog-free space to retreat to during this adjustment period.

Dog to Caged Pets Introductions

- **Keep them separate:** It's best to keep caged pets out of reach of your dog in a secure, separate room.
- **Supervise all interactions:** If you allow introductions, ensure your dog is leashed and monitor their behavior closely. Some dogs have strong prey instincts and could become too excited around small animals.

Dog to Children Introductions

Introducing a dog to children requires extra supervision and care.

- **Teach children:** Educate children on how to behave around dogs—petting under the chin, avoiding direct eye contact, petting gently, and being calm.
- **Supervision is crucial:** Always supervise interactions between children and the dog to avoid rough play, signs of stress, or unintentional harm.
- **Stand still if necessary:** If the dog becomes overly excited, teach the children to stand still with arms folded ("like a tree") until the dog calms down.

- **Watch for warning signs:** Be alert for signs of stress in the dog, such as stiff posture, trying to hide, lip licking, short and tight tail wags, growling/showing teeth, or trying to avoid interaction. If you notice these signs, separate the dog from the child immediately.

Chapter 5: Developing Routine & Structure with Your New Dog

Establishing a routine and structure from the start helps your dog adjust to their new life.

- **Consistency is key:** Use consistent training methods and provide clear rules for your dog. Every family member should follow the same guidelines.
- **Go slow:** Introduce new experiences, spaces, and routines gradually.
- **Regular feeding schedule:** Feed your dog at the same times each day. Teach them to sit and wait for their meal. Pugs, in particular, are very food motivated, and free-feeding is not recommended as they are likely to overeat.
- **Limit freedom:** Restrict your dog's access to certain areas of the home until they understand house rules.
- **Encourage good behavior:** Catch your dog doing the right thing and reward it—whether it's lying in their bed, sitting calmly, or chewing on appropriate toys.
- **Exercise is essential:** A tired dog is a good dog! Regular walks and playtime help manage energy levels and reduce unwanted behaviors.

Chapter 6: Behavior & Training

Understanding your dog's behavior and using positive training techniques will make life easier for both of you and reinforce wanted behaviors. Training also helps strengthen the bond between you and your dog and builds trust.

Puppy Training

The experiences your puppy has in the first few months of life will shape their behavior.

- **Start training early:** Teach basic manners as soon as you bring your puppy home. Use positive reinforcement—reward them with praise and treats for good behavior.
- **Handle gently:** Regularly handle your puppy's paws, ears, and tail to get them accustomed to being touched.
- **No rough games:** Avoid games like wrestling or tug-of-war, as they can encourage aggressive play.

House Training

- **Consistency matters:** Take your puppy to the same spot in your yard to potty and use a word they can associate with going to the bathroom.
 - **Puppies:** A good rule of thumb is that puppies can hold their bladder for one hour for every month of age. Take them outside every two hours and after naps, meals, or playtime.
 - **Adult dogs:** Even if your adult dog is house-trained, expect some accidents at first as they adjust. Take them out frequently until they learn your routine.
- **Using a Crate:** Use a crate to help with house training by preventing accidents during the night or when you can't supervise.

Crate Training

Crates can be a safe and comfortable space for your dog and help aid in house training when introduced and used properly.

- **Positive reinforcement:** Make the crate a pleasant place by placing toys, treats, and a comfortable bed inside.
- **Don't overuse the crate:** Your dog should spend more time out of the crate than in. Never use the crate as punishment.

Chewing

Chewing is natural for dogs, especially young dogs, but it needs to be directed to appropriate items.

- **Provide chew toys:** Make sure your dog has plenty of toys to chew on. Avoid bones that can splinter or toys that can break into small pieces and become choking hazards.
- **Redirect inappropriate chewing:** If your dog chews on something they shouldn't, distract them with an appropriate toy and reward them for chewing the correct item.

Jumping

Some dogs may be very excited when greeting people and jump up at them. To help reduce this behavior and encourage good manners, consider the following:

- **Ignore jumping:** Stand still and avoid eye contact when your dog jumps. Only give attention when all four paws are on the ground.
- **Teach to sit:** Encourage your dog to sit when greeting people and reward them immediately.

Barking

Dogs bark for various reasons, from alerting you to strangers to seeking attention. Not all barking requires intervention, but excessive barking may need to be addressed through training.

- **Ignore attention-seeking barking:** Reward your dog when they are quiet, not when they bark for attention.
- **Reduce environmental triggers:** Keeping your dog inside and masking outside noises with a TV or radio can help reduce barking.

Digging

Digging can be instinctual behavior for some dogs but can be a problem in your yard.

- **Designate a digging area:** If your dog loves to dig, you can create a designated area, such as a sandbox, where digging is allowed.
- **Provide mental stimulation and physical exercise:** Some dogs dig out of boredom. Using mental enrichment toys and increasing physical exercise may be helpful to discourage digging behavior.
- **Interrupt and redirect:** You can teach your dog “leave it” and redirect their attention to another activity they may enjoy more, such as training or playing fetch.

Bolting

Dogs can sometimes bolt through doors or gates if they see an opportunity, especially when they are in a new environment.

- **Leash first:** Initially, always have your dog on a leash when opening doors or gates, even if just to go into your fenced yard. This extra control will teach and guide your dog to be calm and learn boundaries.
- **Teach “wait”:** Teach your dog to wait calmly at doors until you give them permission to go through.
- **Do not chase:** If your dog does escape, do not run directly after them as this can be seen as a game and make the dog run away faster. Instead, try turning around, calling their name happily and running away at an angle and the calling their name in a “happy” voice. If you can get close enough, try couching down and offering treats to lure the dog to you.

Home-Alone Anxiety

Some dogs may experience separation anxiety, leading to destructive behaviors when left alone. Punishment is not recommended, especially in these situations, as it will only exacerbate anxiety and panic.

- **Consult a professional:** If your dog shows signs of anxiety, such as destructive chewing or excessive barking when left alone, consult a veterinarian or dog behaviorist for guidance. Please reach out to Pacific Pug Rescue if you need a local Portland/Vancouver area recommendation.

Training Reminders

- Dogs often “act out” when they’re uncertain about what we want from them. They’re not being stubborn; they’re just trying to understand. Showing your dog the behavior you’d like and rewarding good actions can help them learn more quickly and easily.
- It's helpful for your dog to spend plenty of time with you and your family so they can learn appropriate behavior in a comfortable environment.
- Rewarding your dog when they do the right thing, no matter how small, encourages quick and positive learning.
- You can incorporate training into your daily routines by turning simple activities into mini-training sessions. For example, wait until your dog sits and stays before giving them their food, or ask them to sit and wait at the door before opening it.
- To help your dog learn not to pull on the leash, try changing your direction whenever they tug. That way, they learn to pay attention to your cues.

Recommended Reading

- “Dog Friendly Dog Training” – Andrea Arden
- “The Other End of the Leash” – Patricia McConnell
- “The Power of Positive Dog Training” - Pat Miller

Chapter 7: Medical Treatment

Dogs, like humans, require regular medical care to stay healthy. You should establish your new dog with your veterinary office soon after your dog arrives so they can review all previous medical records and continue with any ongoing medical care, as applicable.

Here are Pacific Pug Rescue’s recommendation for vaccination and parasite control. Please consult with your veterinarian on the best treatment course for your specific dog.

- **DA2PP Vaccine:** This vaccine protects against canine distemper, adenovirus, parvovirus, and parainfluenza. Puppies may need a series of boosters.
- **Bordetella (Kennel Cough):** Bordetella is a common respiratory illness in dogs. Watch for symptoms like a dry cough or nasal discharge and consult your vet if your dog shows signs of illness.
- **Rabies Vaccine:** Your vet will recommend a schedule for rabies vaccinations based on local laws.
- **Deworming:** Regular deworming treatments are essential to keep your dog free of parasites.
- **Flea/Parasite Control:** Consult your vet about flea and tick preventatives, especially if you travel with your dog.

- **Heartworm:** Heartworm is spread by mosquitoes and can be fatal and treatment for heartworm can be lengthy and costly. Monthly preventative medication is recommended, especially in areas where heartworm is common.

Chapter 8: Conclusion

Your new dog is more than a pet; they're a companion and a member of your family. By providing them with structure, care, and plenty of love, you'll build a strong bond and ensure a happy, healthy life together. Remember, patience and consistency are key to successful training and adjustment.

If you ever have questions or need support, Pacific Pug Rescue is here to help. Enjoy your new life with your new best friend!