

IT DOESN'T HAPPEN OVERNIGHT - take your time, it will be worth the wait!

The 3/3/3 rule is a general guideline for the adjustment period of a dog after adoption. Every dog is unique and will settle in differently. Don't panic if you are not progressing according to this formula, we are here to help and support you on this journey so please get in touch. Your greyhound has had a very routine life and doing too much too soon can set you both back. You have a lifetime to introduce new options and experiences to your dog, take it slow initially so you can set them up to enjoy that lifetime.



**3 Days
To Decompress**



**3 Weeks
To Learn Your Routine**



**3 Months
To Feel at Home**

What to expect:

- Feeling overwhelmed - restless, pacing or panting
- Feeling scared and wanting to be left alone
- An upset tummy – might have diarrhoea or not poo yet
- Not wanting to eat
- Very tired - sleeping most of the time or too anxious to sleep
- Following you around the house
- Needing to be let out to go the toilet overnight
- Crying when left alone
- Struggling to settle at bedtime
- Having toileting accidents inside
- Not listening to you

Remember how scary this is for the greyhound - they've left home for the first time, they don't know anyone, they don't speak the same language as you. Observe their body language and keep them in one or two rooms of the house. DO NOT GO FOR A WALK OFF THE PROPERTY FOR ATLEAST 3 DAYS AND UPWARDS OF A WEEK. Remember, walks are only enjoyable if the dog feels safe.

- Starting to relax at home
- Interacting with you more; approaching you for pats, making more eye contact, becoming more playful
- Starting to explore around the house
- You can practice loose lead walking at home indoors and outdoors
- Start walking at one or two new, quiet places with not many people, dogs, and away from traffic
- When you go on walks keep them short, let you dog sniff and do their own thing. Consider using a harness and long-line to give them more choice and freedom to explore.
- Keep them muzzled and on lead when you are away from home.
- They might need help getting in and out of the car
- This is often the time where completely normal dog behaviors (but often undesirable to humans) begin to show e.g. chewing on anything they can fit in their mouth, scavenging food, pulling on lead, barking, being excitable, jumping up, guarding toys and food, growling if people disturb them while they're resting.

Don't expect your hound to do much learning yet – still use a crate, playpens, baby gates etc to limit their access to new places around the home. Go slowly, we don't want mistakes to happen and set you both back.

- Feeling safe and like they are part of the family
- Now that they are familiar with the routine and have learnt your expectations of how to behave e.g. weeing outside, they can have more freedom around the house.
- Now that they feel safe and are more engaged with you, they can start to learn so you can begin doing formal training.
- Can start exploring more places, meeting more people and dogs
- More comfortable being left alone for longer periods of time
- Hormones start to settle after de-sexing

Your patience and hard work over the last 3 months will be paying off – you have laid the foundations for a rock-solid relationship with your hound 😊