

# Decompression

## Thank you for adopting! Here are some tips to help get you and your new family member off to a good start.

Your new family member—let's call him "Buddy"—has been living in a shelter. He is stressed from the experience and needs time to decompress and settle into your home. What Buddy needs right now is a calm and quiet place to relax.

Provide a safe and comfortable space, preferably a crate. You may reward Buddy when he is in his crate with treats or something like a food-stuffed toy filled with banana and peanut butter. Give him space and let him rest.

Buddy may need a week or two to decompress. He may need more time. That is okay; be patient.

Allow Buddy to explore your home with you, one room at a time, on a leash. Allow him time to sniff and learn about his new home. Show him where his food and water are located. Show him his crate; if he wants to go in it, let him. Then give him some time to himself.

Be patient. Give Buddy some time. Soon, he will realize that he has hit the jackpot.



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### **Now is not the time to put social pressure on Buddy.**

There is no need to visit the pet store or have friends and family over for a visit.

### **Supervise him.**

When you're not able to watch Buddy at the moment, have him go to his crate until you can. He doesn't know that garbage cans, kitchen counters, and shoes are off limits yet. You want to set Buddy up for success, so eliminate opportunities for him to do things you don't like.

### **Keep Buddy on a leash**

when he's in your yard—even if it's fenced in. He could be a fence jumper or hide in the bushes. More than likely, he is not going to come when you call him. You want to make it easy for Buddy to do the right thing.

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