



# The 3-3-3 Rule of Adopting



Understanding what your new dog may experience as they adjust to a new home



## THE FIRST THREE DAYS

Your new dog is just beginning to adjust.

### You may notice:

- Shyness, excitement, or excessive curiosity
- Uncertainty about boundaries
- Constipation or diarrhea
- Little interest in food or play
- Overstimulation or excessive sleeping

### What helps:

- Provide a calm quiet space
- Keep routines simple and predictable
- Gently provide clear guidelines
- Offer reassurance and patience
- Avoid forcing interaction

This stage is about **decompression** and **safety**



## THE FIRST THREE WEEKS

Your dog starts to feel more comfortable.

### You may notice:

- Increased curiosity and exploration
- Testing boundaries
- More regular eating habits
- Beginning to show personality
- Higher energy or playful behavior

### What helps:

- Maintain consistent feeding and walking schedules
- Begin basic training with positive reinforcement
- Establish household routines
- Offer enrichment and exercise
- Continue patient guidance

This stage is about **building trust**



## THE FIRST THREE MONTHS

Your dog begins to feel at home.

### You may notice:

- Stronger bonding
- Confidence in the environment
- Clear personality traits
- Improved responsiveness
- Deeper trust and affection

### What helps:

- Continue consistency and structure
- Strengthen training and communication
- Provide ongoing mental and physical exercise
- Respect unique personality and be patient

This stage is about **belonging** and **connection**.



**IT DOESN'T HAPPEN OVERNIGHT. EVERY DOG ADJUSTS AT THEIR OWN PACE**



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# The 3-3-3 Rule of Adopting



Understanding what your new cat may experience as they adjust to a new home



## THE FIRST THREE DAYS

Your new cat is just beginning to adjust.

### You may notice:

- Hiding or staying in one area
- Little interest in food or play
- Cautious or fearful behavior
- Limited interaction with people
- Excessive sleeping or stillness



### What helps:

- Provide a quiet, safe space
- Keep routines simple and predictable
- Avoid forcing interaction
- Allow observation at their own pace

This stage is about **decompression** and **safety**

## THE FIRST THREE WEEKS

Your cat starts to feel more comfortable.

### You may notice:

- Increased curiosity and exploration
- Eating more regularly
- Beginning to play
- Testing boundaries
- Small glimpses of personality

### What helps:

- Maintain consistent feeding times
- Begin gentle interaction
- Establish routines
- Offer enrichment and play
- Continue patience

This stage is about **building trust**



## THE FIRST THREE MONTHS

Your cat begins to feel at home.

### You may notice:

- Stronger bonding
- Confidence in the environment
- Relaxed body language
- Clear personality traits
- Deeper trust and affection

### What helps:

- Continue consistency
- Respect preferences
- Strengthen your bond through routine and play

This stage is about **belonging and connection**.



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# La Regla 3-3-3 de Adoptar



Entienda lo que su gato nuevo puede sentir durante el ajuste a su nuevo hogar.



## LOS PRIMEROS 3 DIAS

Su gato nuevo apenas comienza a adaptarse.

### Puede notar que:

- Se esconde o se queda en una sola área
- Tiene poco interés en comer o jugar
- Se ve temeroso o asustado
- Interactúa poco con las personas
- Duerme o está quieto por mucho tiempo

### Como ayudar:

- Proveer un espacio silencioso y seguro
- Mantener rutinas simples y predecibles
- No forzar interacciones
- Permitir que observe a su propio ritmo



Esta etapa se trata de la **baja presión** y la **seguridad**

## LAS PRIMERAS 3 SEMANAS

Su gato empieza a sentirse cómodo.

### Puede notar que:

- Es curioso y explora
- Come regularmente
- Empieza a jugar
- Prueba límites
- Revela vistazos de su personalidad

### Como ayudar:

- Mantener horarios de alimentación consistentes
- Empezar a interactuar de manera gentil
- Establecer rutinas
- Ofrecer juegos y enriquecimiento
- Continuar con paciencia

Esta etapa se trata de **construir confianza**.



## LOS PRIMEROS 3 MESES

Su gato comienza a sentirse en casa.

### Puede notar que:

- Empieza a formar vínculos más fuertes
- Se siente seguro en su entorno
- Tiene lenguaje corporal relajado
- Muestra rasgos claros de personalidad
- Da afecto y confía más profundamente

### Como ayudar:

- Mantener la consistencia
- Respetar sus preferencias
- Fortalecer su vínculo a través de rutina y juego

Esta etapa se trata de la **pertenencia** y **conexión**.



**NO OCURRE DE UN DÍA PARA OTRO, CADA GATO SE AJUSTA A SU PROPIO RITMO.**



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