



FREE PRINTABLE RESOURCE

Decompression Quick Start

A calm first-days plan for newly adopted rescue dogs and powerful breeds.

Quick rule: Do less, watch more, and let the dog settle before adding pressure.

A new rescue dog does not need a welcome party, dog park, full house access, or forced introductions. They need calm structure, predictable routines, safe management, and time.

First 72 hours: do this

- ☐ Keep the dog in a smaller, easy-to-manage area.
- ☐ Use the same potty area and simple walking route.
- ☐ Feed in the same place and keep mealtimes predictable.
- ☐ Provide a crate, quiet room, or gated safe space for rest.
- ☐ Keep walks short, boring, and low-pressure.
- ☐ Reward calm behavior and give the dog time to observe.

First 72 hours: avoid this

- ☐ No dog parks, busy stores, crowded trails, or big outings.
- ☐ No visitor greetings or welcome-home party.
- ☐ No forced kid, dog, cat, or visitor introductions.
- ☐ No full house freedom without supervision.
- ☐ No harsh corrections for confusion or fear.
- ☐ No testing everything the dog can handle.

The 3-3-3 rule, simplified

1. First 3 days: The dog may be overwhelmed, shut down, restless, clingy, or unsure.
2. First 3 weeks: The dog may begin learning the routine and showing more personality.
3. First 3 months: The dog may feel more secure, but some dogs need longer.
4. Use the rule as a reminder to slow down, not as a deadline.

Signs decompression is helping

- ☐ The dog sleeps more deeply and recovers faster from surprises.
- ☐ The dog can rest without following every movement.
- ☐ Eating, drinking, and potty routines become more predictable.
- ☐ The dog can observe kids, pets, or visitors without pressure.
- ☐ The dog settles after short walks or household activity.
- ☐ The home feels calmer, not more chaotic.



Watch for warning signs

Some stress is normal. Escalating stress, unsafe behavior, or panic means the plan needs to slow down.

Slow down if you see

- Constant pacing or heavy panting
- Inability to settle or sleep
- Stress that gets worse each day
- Hiding, freezing, or shutting down
- Increasing barking or reactivity
- Overexcitement that does not come down

Get help quickly if you see

- Growling, snapping, or bite attempts
- Severe crate panic or injuries
- Repeated escape attempts
- Resource guarding of food, toys, people, or space
- Unsafe behavior around children or pets
- Dog seems medically unwell or in pain

Simple decompression plan

1. Shrink the dog's world

Use gates, leash, crate, or a quiet room. Less freedom can mean more safety.

2. Repeat the routine

Same potty route, same meal place, same rest space, same bedtime pattern.

3. Add pressure slowly

Visitors, kids, pets, outings, and more freedom come after the dog shows they can handle it.

Helpful reading order

1. Start Here: New Rescue Dog Basics

rottrescue.com/start-here/

2. Rescue Dog Decompression: The First 72 Hours Explained

rottrescue.com/rescue-dog-decompression-the-first-72-hours-explained/

3. How Long Does Rescue Dog Decompression Really Take?

rottrescue.com/how-long-does-rescue-dog-decompression-really-take/

4. Introducing a Rescue Dog to Kids and Other Pets

rottrescue.com/introducing-a-rescue-dog-to-kids-and-other-pets/

5. Signs Your Rescue Dog Is Not Decompressing Properly

rottrescue.com/signs-your-rescue-dog-is-not-decompressing-properly/

FULL FIRST-MONTH GUIDE

Rottweiler & Pit Bull Rescue Owner's First 30 Days Guide

Preferred PDF on Etsy: etsy.com/listing/4501541636/rottweiler-rescue-owners-first-30-days

Paperback on Amazon: amzn.to/43Cq4HB