

Moving into a new home can be REALLY stressful - especially if the home already contains other dogs, or children or is just plain busy! On top of that depending on the backstory of the new pup you are bringing home they may be moving from a very stressful environment as well. It takes some time to adjust to a new home, and throwing a new dog into a household, especially a dog with an unknown background, a recent rescue, or a dog who has experienced trauma in the past, can end in big time disaster! Thankfully there are lots of things we can do to set up for success and help aid the transition for our new pups or foster pups.

Decompression Room:

A “decompression room” is EXACTLY what it sounds like! A room for someone to decompress in. Our new dogs or foster dogs have been through a lot, what they need more than anything is a moment to BREATHE, to have a space where they can feel safe and take time to relax and get their bearings. For many dogs, an apartment or house is a VERY large and scary space, creating a small, quiet place that can be “theirs” helps provide a sense of comfort and security in an otherwise scary world!



Making a Decompression Room:

Pick a room, or if your home is too small to temporarily dedicate a room to your new arrival, get creative - use a large walk-in closet, or use gates and furniture to create a smaller area. Once you've chosen your spot - it's time to get set up by designing the area with calm, relaxing, happy feelings in mind. Your decompression room should have:

- ***A secure crate covered on all sides except the front by a blanket or sheet***
 - If your dog finds the crate stressful, leave it in the room with the door open and provide a comfortable bed inside the crate and another outside.
 - If you use a “pen” instead of a crate, hang blankets/sheets over the gate to make it more cozy and secure
- ***A comfortable bed (ideally two - one in the crate and one out)***
- ***Entertainment:*** Dog safe toys, chews and food puzzles to give your dog something to do.



- *A white or brown noise machine* to help buffer the sound of your household, especially if your home is very busy or your dog is fearful/nervous.
- *Calming classical music* or calming music for dogs such as the “Through a Dogs Ear” Products (www.throughadogsear.com)
- *Calming pheromone products such a Adaptil™ plug in diffuser in the area*
- *Puppy proofing!* Keep tempting or dangerous objects out of the way or behind a gate until you learn more about your new friend’s habits!

There you go! You have now created a wonderful, peaceful place for your dog to spend time adjusting to his/her new home.

