

Dog Decompression: Make the First Weeks Quiet



THE SHORT ANSWER

Dog decompression is a quiet 2-week rest that lets a new shelter dog shed stress before meeting guests, busy places or lots of handling.

FOUR THINGS TO REMEMBER

- 1 Plan roughly two quiet weeks after adoption. Fearful dogs may need longer; the calendar is not a deadline.
- 2 Set up a quiet room or gated area with water, bedding, a den and safe chews away from traffic.
- 3 Keep meals, potty breaks and sleep predictable. Choose short sniff walks and skip busy outings, dog parks and visitors.
- 4 Let the dog invite contact. Pet briefly, pause and respect withdrawal rather than forcing hugs, handling or affection.

YOUR NEXT STEP

Prepare a quiet landing space and write a simple daily routine before your dog arrives.

Read the full article and sources:

<https://letthembedog.com/blog/dog-decompression>