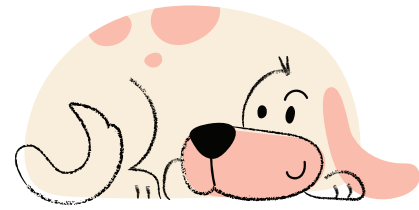




# Bonding with your dog!



## FIRST DAYS

**1**

Create a safe space for your dog where they can go when they need alone time.

**2**

Let your dog come to you as they feel comfortable.

**3**

Let them relax at home and don't force activities or meeting new dogs and people.

**4**

Keep a consistent routine while your dog acclimates.

**5**

Avoid leaving your dog alone for long periods right away.

**6**

Use treats to help build good associations with new things and people.

**7**

Start with short walks to let your dog get used to their neighborhood.

## YOU GOT THIS!

**8**

Play with your dog and learn what games and toys they like.



**9**

Remember this is a BIG change for your dog just like it is for you!

There is no designated time frame for a pet to decompress.

For more tips on bonding with your pet, go to [ARL-Iowa.org/ResourceLibrary](https://ARL-Iowa.org/ResourceLibrary).



# Bonding with your cat!



## FIRST DAYS

**1**

Prepare a room for your cat to start out in with all the essentials.

**2**

Let your cat choose whether or not to come to you.

**3**

Speak to your cat in a soothing, gentle tone so they get used to your voice.

**4**

Keep a consistent routine while your cat acclimates.

**5**

Make sure your cat has space to climb and observe and a safe space for alone time.

**6**

Offer toys and treats so your cat begins to associate you with good things.

**7**

If your cat is OK with it, try petting or brushing to bond through touch.

## YOU GOT THIS!

**8**

Praise or reward your cat when they do good things.



**9**

Remember this is a BIG change for your cat just like it is for you!

There is no designated time frame for a pet to decompress.

For more tips on bonding with your pet, go to [ARL-Iowa.org/ResourceLibrary](https://ARL-Iowa.org/ResourceLibrary).

