

Socialization Checklist

This is a guide to help you make sure that your pup experiences as many sights, sounds, smells, environments, animals, and people as possible. You should aim to tick as many boxes as possible, but at least 3 times each.

Proper socialization prevents MANY issues such as fear, reactivity, resource guarding, anxiety, and more.

Concentrate on creating a positive or neutral experience, avoiding bad experiences and not allowing your pup to be over stimulated, i.e. rough play with another dog or over-excitement when greeting a new person.

Note: You can use Youtube to expose your dog to sounds!

People	1	2	3	4
Adults (men & women)				
Young adults				
Elderly people				
Disabled people				
Loud, confident people				
Shy, timid people				
People in uniforms				
People wearing hats				
People with beards				
People wearing helmets				
People behaving affectionately				
People wearing sunglasses				
Postmen/delivery people				
People having an argument				
Joggers				
Visitors arriving and leaving				
People of different ethnicities				
People dancing				
Wheelchairs				

Socialization Checklist



People	1	2	3	4
Walking sticks				

Around the Home	1	2	3	4
Washing machine / dryer				
Vacuum Cleaner				
Phone ringing				
Stairs				
Doorbell				
Dropped pots, pans, bowls				
Lawn mower				

Animals	1	2	3	4
Friendly large adult dogs				
Friendly small adult dogs				
Small pets				
Cats				
Puppies				
Livestock & horses				
Chickens/ducks/geese				

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Children	1	2	3	4
Babies				
Toddlers				
4-7 year olds				
8-12 year olds				
Teenagers				
Children playing outside				

Physical Handling	1	2	3	4
Head				
Ears				
Mouth				
Tail				
Paws & Legs				
Grooming				
Gentle restraint				
By family & friends				
By strangers				

Learning to Be Alone	1	2	3	4
Isolation for 2-5 minutes				
Isolation for 10 minutes				
Isolation for 15 minutes				
Isolation for 20 minutes				
Isolation for 30 minutes				
Isolation for 45 minutes				
Isolation for 1 hour +				

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Preparation for Vet./Groomer	1	2	3	4
Being lifted onto table				
Gentle restraint on table				
Veterinary examination				
Vet surgery smells				
Hair dryer				
Bathtub				

Experiences	1	2	3	4
Playing (toys & people)				
Walking on grass				
Walking on gravel/stones				
Travel in the car (short & longer gradually)				

Sounds	1	2	3	4
Crying Baby				
Airplane				
Loud bangs (think fireworks!)				
Clapping				
Yelling				
Busy street				
Thunder				

Objects to Play With	1	2	3	4
Cardboard Box				
Bucket				
Empty plastic bottle				
Treat puzzle				

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Outside the Home (VERY IMPORTANT)	1	2	3	4
Neighbors				
Pedestrians				
Shops				
Crowded shopping area				
Kennels				
Passing traffic				
Passing bus				
Passing bicycle				
Passing train				
Passing motorbike				
Passing truck				
Parks / Streets				
Fireworks				
The beach				
Lakes / rivers				
A bridge				
Outside a school				
Children's play area				
Country walk				
Outdoor cafe				
Slippery floors				
Party				
Vet's office				
Groomers				
Crowds and markets				
Scooters/skateboards				