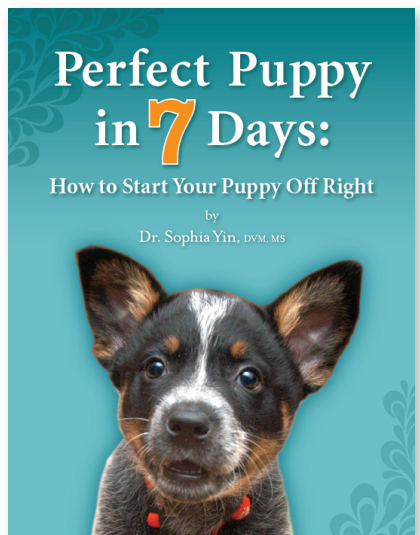


Checklist for Socialization

from *Perfect Puppy in 7 Days* by Dr. Sophia Yin



The goal is that the puppy has positive experiences, not neutral or bad ones. It's important to watch the puppy's response and note what it is and to also give treats to help ensure the exposure is a success. Here's a checklist that can help you. Download a copy of this puppy socialization checklist at www.drSophiaYin.com.

You can grade the response if you want or just check off each exposure.


| PROGRESS | SCORE | RESPONSE TO THE PERSON, OBJECT, ENVIRONMENT OR HANDLING |
|------------|-------|---|
| Needs Work | 1 | Overarousal or try to get at: Growl, nip, bark, struggle (for handling), or lunge |
| | 2 | Avoid: Struggle, hide, try to get away, won't approach, or hesitant to approach |
| | 3 | Freeze: Holds still (but not eating), non-exploratory, moving slowly or acting sleepy when they shouldn't be tired |
| Going well | 4 | Calm, relaxed, explores the object or environment, playful, focused on the food |
| | 5 | Calm, relaxed, explores the object or environment, playful, even without food |

Additionally a + can be used to denote better progress and a - denotes not as well (e.g. 2+, 2, 2-) such that for each score there are three levels of responses.

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Week Start Date _____

| CLASS OF SOCIALIZATION | SPECIFIC SOCIALIZATION | DAY & SCORE (or check mark) | | | | | | |
|--|--|-----------------------------|---|---|----|---|---|-----|
| | | M | T | W | Th | F | S | Sun |
| <p>Handling</p>  | Checking the ears | | | | | | | |
| | Examining mouth and gums | | | | | | | |
| | Opening the eyelids | | | | | | | |
| | Squeezing the feet | | | | | | | |
| | Handling and trimming the toenails | | | | | | | |
| | Pinching skin | | | | | | | |
| | Poking the skin with a capped pen | | | | | | | |
| | Touching and squeezing the nose | | | | | | | |
| | Poking the nose with a capped pen | | | | | | | |
| | Cradling puppy in your arms on its back | | | | | | | |
| | Holding him in your lap | | | | | | | |
| | Holding puppy upside down | | | | | | | |
| | Holding puppy on its back while giving a belly rub | | | | | | | |
| | Hugging your puppy | | | | | | | |
| | Pulling the collar (gotcha) | | | | | | | |
| | Grabbing puppy by other part of body | | | | | | | |
| | Wiping body with a towel | | | | | | | |
| | Putting on a head halter | | | | | | | |
| | Putting on a harness | | | | | | | |

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|---|---|-----------------------------|---|---|----|---|---|-----|
| | | M | T | W | Th | F | S | Sun |
| <p>Unfamiliar People</p>  | Women | | | | | | | |
| | People of many ethnicities | | | | | | | |
| | Tall men | | | | | | | |
| | Men with deep voices | | | | | | | |
| | Men with beards | | | | | | | |
| | Elderly | | | | | | | |
| | People wearing hats, helmets | | | | | | | |
| | People wearing Ugg® boots | | | | | | | |
| | People wearing hoodies | | | | | | | |
| | People wearing backpacks | | | | | | | |
| | People wearing sunglasses | | | | | | | |
| | People with canes, walking sticks or walkers | | | | | | | |
| | Teenagers | | | | | | | |
| | Children standing as well as playing | | | | | | | |
| | Toddlers (walking and squealing) | | | | | | | |
| | Infants (crawling) | | | | | | | |
| | People running by | | | | | | | |
| | Indigent or homeless people | | | | | | | |
| <p>Unfamiliar Dogs</p>  | Dogs who play well | | | | | | | |
| | A dog who will reprimand puppies with appropriate force and restraint for getting into his personal space | | | | | | | |
| | With puppies who play well and do not get overly aroused | | | | | | | |

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|--|--|-----------------------------|---|---|----|---|---|-----|
| | | M | T | W | Th | F | S | Sun |
| Other animal species  | Cats | | | | | | | |
| | Horses and livestock | | | | | | | |
| | Any types of pets you may have | | | | | | | |
| New surfaces  | Concrete | | | | | | | |
| | Slippery floors such as hardwood, linoleum or marble | | | | | | | |
| | Metal surfaces-such as manhole covers, vet hospital scales | | | | | | | |
| | Wobbly surfaces such as BOSU® ball, a board on top of a book or unbalanced thick tree branch, a wobble board | | | | | | | |
| | Stairs | | | | | | | |
| | Wet grass | | | | | | | |
| | Mud | | | | | | | |
| | Ice, frost, or snow if you will live in such areas | | | | | | | |
| Scary sounds  <p>If you do not have the ability to expose the puppy to these sounds frequently enough or at a level where she can have a positive experience, use sound CDs. Some sounds may be more realistic when surround sound is used.</p> | Thunder | | | | | | | |
| | Fireworks | | | | | | | |
| | Babies and kids | | | | | | | |
| | Alarms | | | | | | | |
| | Dogs barking | | | | | | | |
| | Doorbell ringing | | | | | | | |
| | Traffic (like downtown in a city) | | | | | | | |
| | Jack hammers | | | | | | | |
| | Vacuum cleaner | | | | | | | |
| Sirens | | | | | | | | |

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Week Start Date _____

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|---|------------------------------------|-----------------------------|---|---|----|---|---|-----|
| | | M | T | W | Th | F | S | Sun |
| Objects with wheels  | Skateboards | | | | | | | |
| | Rollerblades | | | | | | | |
| | Garbage cans outside | | | | | | | |
| | Shopping carts | | | | | | | |
| | Baby strollers | | | | | | | |
| | Wheel chairs | | | | | | | |
| | Bikes | | | | | | | |
| | Cars | | | | | | | |
| | Buses | | | | | | | |
| | Motorcycles | | | | | | | |
| Man-made objects  | Pots and pans | | | | | | | |
| | Blankets or rugs being shaken | | | | | | | |
| | Brooms | | | | | | | |
| | Balloons | | | | | | | |
| | Umbrellas | | | | | | | |
| | Bags blowing in the wind | | | | | | | |
| | Sidewalk signs | | | | | | | |
| | Garbage cans in the house | | | | | | | |
| | Garbage cans outside | | | | | | | |
| | Plastic bags blowing the wind | | | | | | | |
| | Large plastic garbage bags | | | | | | | |
| | Metal pans or other metal surfaces | | | | | | | |
| | Metal-pens | | | | | | | |

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|--|--|-----------------------------|---|---|----|---|---|-----|
| | | M | T | W | Th | F | S | Sun |
| New environments  | Suburban neighborhood | | | | | | | |
| | Residential city streets | | | | | | | |
| | High traffic city street (such as downtown) | | | | | | | |
| | Shopping mall parking lot | | | | | | | |
| | Inside buildings | | | | | | | |
| | Dog-friendly event such as an agility or obedience trial | | | | | | | |
| | Location of several different dog training classes | | | | | | | |