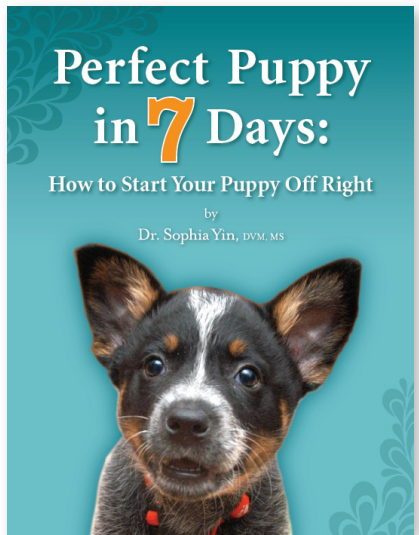


# Checklist for Socialization

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](http://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	<b>Overarousal or try to get at:</b> Growl, nip, bark, struggle (for handling), or lunge
	2	<b>Avoid:</b> Struggle, hide, try to get away, won't approach, or hesitant to approach
	3	<b>Freeze:</b> Holds still (but not eating), non-exploratory, moving slowly or acting sleepy when they shouldn't be tired
Going well	4	<b>Calm, relaxed,</b> explores the object or environment, playful, <b>focused on the food</b>
	5	Calm, relaxed, explores the object or environment, playful, <b>even without food</b>

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><b>Handling</b></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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CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	DAY & SCORE (or check mark)						
		M	T	W	Th	F	S	Sun
<b>Unfamiliar People</b> 	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								
<b>Unfamiliar Dogs</b> 	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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CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	DAY & SCORE (or check mark)						
		M	T	W	Th	F	S	Sun
<b>Other animal species</b> 	Cats							
	Horses and livestock							
	Any types of pets you may have							
<b>New surfaces</b> 	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							
<b>Scary sounds</b>  <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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CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	DAY & SCORE (or check mark)						
		M	T	W	Th	F	S	Sun
<b>Objects with wheels</b> 	Skateboards							
	Rollerblades							
	Garbage cans outside							
	Shopping carts							
	Baby strollers							
	Wheel chairs							
	Bikes							
	Cars							
	Buses							
	Motorcycles							
<b>Man-made objects</b> 	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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CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	DAY & SCORE (or check mark)						
		M	T	W	Th	F	S	Sun
<b>New environments</b> 	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							