

# Socialization Checklist: 100 Things in 100 Days

Work through the list below to help your dog learn that new people, different sounds and textures, and being handled are all things to not be worried about! Go slow and always give your dog the choice to walk away and add more distance from something if they show caution or fear. Pair these different experiences with things your dog loves, from high-value treats to praise and petting, or even playing with a favorite toy.

If your dog shows fear or aggression towards a particular item or experience, CIRCLE it on this list and contact a certified positive reinforcement trainer to work on counter conditioning. Do not continue to expose your puppy to that stimulus without the proper support and counter conditioning protocol in place.

These are suggestions, but you should add your own and tailor the list to your everyday surroundings. For sounds, you can also find many for free on YouTube, but remember to start at a low-volume paired with things your dog enjoys.

## Sounds

Alarm clock

Baby crying

Barking dogs

Car honking

Cheering

Doorbell

Female voices

Fire engine/police car

Fireworks

Grooming clippers

Gunshot

Hair dryer

Hammering

Knocking on door

Kids playing

Male voices

Microwave

Motorcycle

Planes/helicopters

Popcorn popping

Pots and pans clanking

Radio (various stations)

Smoke alarm

Thunder

Traffic/road sounds

TV (various programming)

Vacuum cleaner

Whistles (sporting or other)

Yard tools (mower, leaf blower, etc.)

## Tactile

Artificial turf

Bathtub

Blankets

Carpeted floors

Elevators

Grass

Metal objects

Mirrors

Mud

Plastic objects

Rocks

Rubber objects

Rugs

Sand

Sidewalk

Tiled floors

Wood floors

## People

A wheelchair

Asian

Bald people

Black

Carrying bags/boxes

Children (children who have been trained properly on dog interaction)

Dancing

Elderly (as long as they aren't immunocompromised)

## People (cont.)

Heavy people

Hispanic

Holding umbrellas

In uniform

Infants

Kids in strollers

Laying down

Men

On bicycles, scooters, and skateboards

People in sunglasses/glasses

People with facial hair

Running

Short

Shuffling feet/limping

Sweeping/mopping

Taking their toy or food away (invading space)

Tall

Teens

Thin people

Throwing or bouncing balls

Using a walker

Walking with canes

Wearing baseball hats

White

Women

## Animals

Birds

Cats

Other (depending on likelihood of interaction)

Other dogs

## Touches

Being dried off with towel

Being picked up

Being restrained by collar

Brushing fur

Brushing teeth

Clothes (winter jacket, boots)

Ears

Harness

Mouth

Muzzle

Nail clipping

Near eyes

Paws

Rain

Tummy

Tushy

Water (bath)

## Other

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