Puppy Socialization / Exposure Checklist

A Socialization / Exposure checklist is a comprehensive list of items your puppy should be exposed to during the social period. The goal is to check as many items off the list as possible before your puppy is 16 weeks of age. Note, this isn't forcing your puppy into scary situations. This is letting them see / smell / experience at a distance that they do not show fear. Sounds may need to be played from a recording. There are spaces at the bottom to add some of your own.

| Things That Move | Things That Sound | Things That Feel and Smell | Things That Talk |
|---------------------|-------------------|----------------------------|----------------------|
| ☐ Bicycles | ☐ Doorbells | □ Sand | ☐ Men |
| Skateboards | ☐ Fireworks | ☐ Stairs | □ Women |
| ☐ Flapping Flags | ☐ Motorcycles | ☐ Grass | ☐ Babies |
| Sprinklers | Sirens | ☐ Metal Grates | ☐ Toddlers |
| ☐ Garden Hose | ☐ Cars & Trucks | Linoleum | ☐ Person w/ Cane |
| ☐ Wheelchairs | ☐ Lawn Equipment | ☐ Wet Surfaces | ☐ Person w/ Walker |
| Strollers | ☐ Loud TV | ☐ Surface that Moves | ☐ Person w/ Umbrella |
| ☐ Shopping Carts | ☐ Power Tools | □ Mud | ☐ Person in Hoodie |
| □ Vacuum | ☐ Helicopters | ☐ Tunnel | ☐ Person in Hat |
| ☐ Brooms & Mops | ☐ Thunder | ☐ Cats / Cat Poop | ☐ Person in Sunglass |
| ☐ Blowing Leaves | ☐ Backup Beeps | ☐ Small Pets | ☐ Man w/ Beard |
| □ Joggers | ☐ Mail Trucks | ☐ Chickens / Poop | ☐ Firefighter |
| ☐ Hula Hoops | ☐ UPS Trucks | ☐ Horses / Poop | ☐ Person in Uniform |
| ☐ Large Balls | ☐ Honking Horns | Lizards | ☐ Person in Helmet |
| ☐ Trains | ☐ Loud Music | ☐ Friendly Dogs | ☐ Baby in Stroller |
| ☐ Windshield Wipers | ☐ People Yelling | □BBQ | ☐ People in Crowds |
| Luggage | ☐ Doors Slamming | ☐ Wildlife / Hiking | ☐ People w/ Food |
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