

Your goal with each item/person/sound etc. on the checklist is to create a positive experience surrounding it within the first 8-12 weeks of your dog's life. Of course, try to avoid neutral or negative experiences.

One of the best ways to ensure positive moments is with reinforcers, especially <u>treats</u> and food. Specifically for the people section, try to get each type of person to pet, interact with, and give your dog a treat or two!

If your pup reacts with fear, overarousal, or avoidance, take a step back and slowly reintroduce said person/object/item/etc.

Never rush your dog into situations that could overwhelm them. It's not a race!



### **SURFACES**

- Concrete
- Artificial grass/turf
- Slick floors (linoleum, hardwood)
- Stairs (carpet and concrete)
- Wet grass
- Mud and dirt
- lcy areas and snow
- Metal surfaces (vet scale, etc.)
  - Uneven terrain and rocky areas

- Metal surfaces (vet scale, etc.)
  - Animal sounds (goat, pig, etc.)
  - Crane/construction machinery
  - **Fireworks**
  - People cheering
  - Smoke alarm/security alarm
  - Thunder/gunshots
  - Ambulance/police siren
  - Doorbell/knocking on door
  - Vacuum cleaner
  - Dishwasher, washing
  - machine/dryer

## PEOPLE

- Women
- People of different ethnicities
- Tall men
- Men with deep voices
- Men with beards/facial hair
- Elderly people
- People in wheelchairs
- People who use canes/crutches
- People wearing hoods/hats
- People wearing helmets
- People wearing sunglasses
- People wearing multiple colors
- People wearing backpacks
- Infants
- Crawling infants
  - Toddlers
- Multiple toddlers being loud
- People running
- Homeless people
  - Teenagers

### HANDLING/TOUCHING

Outside of ears Inside ears (not into ear canal) Outside of mouth area Inside of mouth area (be gentle) Back teeth Eye area (be careful) Paws Nail areas specifically **Pinching skin** Grabbing tail Nose Holding in arms Holding on lap Wiping body with towel Wiping paws with towel Wiping face with towel Handling by collar Putting on collar/harness Being brushed/combed Hug/squeeze puppy softly

#### **ENVIRONMENTS**

- Busy street
- Busy sidewalk
- Park with other dogs
- Park with lots of people
- Park with lots of children
- Parking lots
- Shopping areas (pet-friendly)
- Inside business buildings
- Inside other people's homes
- Dog-friendly events
- Street markets and fairs
- Restaurant patios
- Sporting events (as allowed)
- Skate park/biking area
- Lakes and ponds
- Streams and rivers
- Unfamiliar neighborhoods
- Vet office
- Grooming/boarding stores
- Running races/similar events

#### OBJECTS Cooking pots and pans

- Brooms/mops
- Blankets/rugs being shaken
- Balloons
- Umbrellas
- Garbage bag being opened
- Bags blowing in wind
- Soccer/basketball
- Computers
- TV/Video game noises
- Garbage cans with lids
- Metal type surfaces
- Clicker (for training)