



# SOCIALIZATION CHART

Knowing how your dog acts/reacts to different environments and stimuli will help you adjust your socialization strategy to maximize your dog's growth and development! Use this chart to help you keep track of your dog's responses as part of your dogs social education!

## LEGEND

- 1 - Neutral or Confident
- 2 - Hesitant or Cautious (takes time to warm up)
- 3 - Overwhelmed or Overstimulated (anxious or flighty)
- 4 - Avoidant
- 5 - Shut Down or Reactive

SOUNDS							
	Lawn mower		Sirens		Children playing		Overhead announcement
	Motorcycle		Fireworks		Dogs Barking		People shouting
	Train		Traffic		Airplanes		Loud cars / mufflers
	Dish washer		Vacuum cleaner		Gun shot		Tractor / machinery
LIVING THINGS							
	Men		Big Dogs		Chickens		Different ethnicities
	Women		Small Dogs		Cats		Wildlife
	Kids		Horses		Sheep / goats		Pocket pets
TEXTURES							
	Grass		Concrete		Sand		Artificial turf
	Tile		Gravel		Carpet		Wood (decking)
THE WORLD							
	Bicycles		Wheel chairs		Shopping cart		Skate boards
	Strollers		People in hoodies		Umbrella		People in uniform
	Vet clinic		Grooming parlor		Pet store		Revolving doors
	Elevator		Agility tunnel		Fork lift		Sliding glass door
	Escalator		Canes / crutches		Grooming tools		People wearing hats
OTHER: ADD YOUR OWN!							

## SOCIALIZATION SKILLS!

### WHAT'S THAT!

This exercise encourages the dog to scan the area for any potential triggers so that you can help build confidence to those triggers. Ensure to begin at a distance that does not make your dog feel overwhelmed.

1. Start off by staying in one spot and observing your environment. Allow the dog to decompress and relax.
2. Once you notice something change (person in the distance, dog, stroller, car, etc) give the "what's that" command and wait.
3. As soon as your dog looks around and locks in on something (stare, hesitation, etc) click and reward!

 The ultimate goal is to get the dog to briefly acknowledge the trigger, then redirect to you in anticipation of the reward! This is a great way to begin redirection and/or desensitization training!

### PAWS UP!

This exercise is to help build your dog's confidence by slowly introducing a variety surfaces, objects, or pedestals and encouraging your dog to interact with the environment. This skill is invaluable as it causes your dog to be slightly stressed and challenged, but allows for you to build courage through support and feedback.

1. Choose an item you would like your dog to make contact with, and have a easy lure handy!
2. Guide your dog towards the item, making sure to click and reward each time they move forward.
3. Once your dog will lift their feet, give the command "paws up" ready to click and treat for compliance. You will want to click on or near the item to further reinforce the positive experience.
4. Once your dog has mastered one or two paws, add more! Make sure to keep that lure really close to your dog's nose to guide them efficiently!

 Keep an eye out! If your dog is leaning forward or bracing in the back, hesitant to follow the reward, or unable to move you may be going too fast!

### CHECK IT OUT!

This exercise is designed to encourage your dog to inspect by approaching and sniffing or further engaging with their environment. Similar to the "what's that" exercise, however we want to dog to be involved with the trigger rather than just acknowledging it. Watching, creeping forward, sniffing, and any other inspection or interaction can be rewarded to build confidence.

### GO SAY HI!

This exercise to to encourage dogs to interact with humans. Begin by rewarding for dog orienting to human, watching human, moving or walking towards human, or sniffing human. This is a passive exercise. May be combined with strangers throwing food, dropping food, or offering food to fearful or hesitant dogs (counter conditioning).

 Make sure your dog is rewarded *below* threshold to ensure 1. Learning can occur and 2. Your dog is not experiencing extra conflict (which can worsen the behavior).

### OTHER EXERCISES

- PLACE: to recharge
- SETTLE: grounding and relaxation
- LEAVE IT: disengagement