

Puppy Socialization Checklist

The weeks up to about 12–16 are when a puppy learns what’s normal and safe. Check things off as your puppy meets each one calmly and happily — no rush, no fear.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

PUPPY'S NAME	WEEKS OLD	START DATE

PEOPLE

- | | |
|---|--|
| ☐ Men | ☐ Women |
| ☐ Kids | ☐ People in hats
and sunglasses |
| ☐ Uniforms
hi-vis, delivery | ☐ Wheelchairs
walkers, strollers |

ANIMALS

- | | |
|--|---|
| ☐ Calm vaccinated dog
adult, healthy | ☐ Friendly puppy |
| ☐ Cats | ☐ Birds or livestock |

SOUNDS

- | | |
|----------------------------------|--|
| ☐ Vacuum | ☐ Doorbell |
| ☐ Traffic | ☐ Thunder audio
played low |

SURFACES

- | | |
|---------------------------------|---|
| ☐ Grass | ☐ Tile or wood |
| ☐ Stairs | ☐ Metal
grates, ramps |

HANDLING

- | | |
|--|---|
| ☐ Paws touched | ☐ Ears checked |
| ☐ Mouth & teeth | ☐ Collar / harness
on and off |

PLACES

- | | |
|--|---|
| ☐ Car ride | ☐ Vet lobby
just to visit |
| ☐ Busy sidewalk | ☐ Pet-friendly store |

Tip: Keep every introduction short, positive and at your puppy’s pace. Pair new things with treats, and calmly move away if your puppy looks scared — a good first meeting beats a long one.

Before shots are done: Safe socialization can start before full vaccination. Ask your vet which low-risk settings — a friend’s healthy vaccinated dog, a clean tiled floor — are right for your puppy now.