EXPOSURE TICK-OFF SHEET

Help your puppy build confidence by introducing them
to a variety of people, places, sounds, sights, surfaces and experiences.

Go at your puppy's pace and keep every experience positive!

TIPS FOR SUCCESS

- Keep experiences short, positive and pressure-free.
- Pair new things with treats, play or praise.
- Let your puppy choose—no forcing.
- Revisit and repeat to build positive associations.

Tick or date each theme as your puppy has a positive experience.

PEOPLE

- ☐ Different people
- ☐ Different ages
- ☐ Different appearances
- ☐ Different movements
- ☐ People with accessories
- ☐ Friendly interactions

ENVIRONMENTS

- ☐ Home environments
- ☐ Outdoor environments
- ☐ Busy environments
- ☐ Quiet environments
- ☐ New locations
- ☐ Varied weather conditions

SOUNDS

- ☐ Everyday household sounds
- ☐ Outdoor & community sounds
- ☐ Loud or unexpected sounds
- ☐ Mechanical or moving sounds
- ☐ Music & voices
- ☐ Distant or repeated sounds

SIGHTS

- ☐ Everyday objects
- ☐ Moving objects
- ☐ Lights & reflections
- ☐ Animals & nature
- ☐ Vehicles & equipment
- ☐ New visual experiences

SURFACES

- ☐ Soft surfaces
- ☐ Hard surfaces
- ☐ Uneven surfaces
- ☐ Grassy & natural surfaces
- ☐ Slippery surfaces
- ☐ Elevated surfaces

EXPERIENCES

- ☐ Handling & gentle care
- ☐ Novel interactions
- ☐ Short separations
- ☐ Rides & travel
- ☐ New activities
- ☐ Problem solving & discovery
- ☐ Cause-and-effect exploration in different environments

PLAN FOR THE LIFE YOU WANT TOGETHER

Think about what everyday life with your dog will look like. Will they need to confidently move through busy environments, or calmly settle and stay in one place, such as at a café or children's sport? Create gentle exposures that practise those real-life skills and reward the behaviours you want to see later. Slow things down, give your puppy space and allow time to process. They do not need to be in the thick of an experience to learn from it.

