



# **Westlane's ENS & Socialization Check List**



# Westlane's Puppy Socialization Checklist

## Noises

- Vacuum cleaner, small appliances (blender, mixer), hair dryer, doorbell/door knocker, door slamming, garage door, television/video games, phone ringing, everyday noises (people talking, laughing, shouting, etc), musical instruments, weather (wind, thunder, etc.), power tools (leaf blower, drill, etc), Fireworks!, environmental sounds (car alarm, police sirens, nature sounds, bird chirping, squirrel noises, etc)

## People

- wearing accessories
  - Hat, Sunglasses, Headphones, Hoodie, Winter coat, Boots, Gloves, Face coverings.
- using equipment
  - Umbrella, walking aids, sporting equipment, baby strollers
- people of various ages and sizes

## Places & Vehicle Transportation

- Vet Office
- Pet Stores/Pet-Friendly Stores
- Around the town car rides

## House & Yard

- Different floor/ground textures
  - Tile, Wood, Carpet, Cement, Grass, Gravel, Dirt, Wet surfaces/Puddles.
- Stairs & Ramps
- Elevated Dog Bed
- Broom, Mop, & Vacuum
- Dog Toys (various sizes shapes and textures)
- Puppy Pool

## Puppy Handling

- Different people touching puppy
  - Being comfortable with touch on Paws, Ears, Muzzles, Tail, Belly
- Looking in mouth
- Grooming/Bathing, Nails Clipped
- Wearing a collar

## Alone Time

- Crate Training (Safe, quite confide space)
- One-On-One time (time away from siblings, interacting with our adult dogs and cats)

## **Westlane and Early Neurological Stimulation (ENS)**

**Socializing puppies** has traditionally been considered the responsibility of the new owner. Westlane recommends that the new owners take their puppies to classes (after final rounds of vaccinations) and to make sure that they are exposed to a variety of people and situations.

We strongly believe in ENS to get your puppy started out on the right path. We want to ensure your puppy has a great start on becoming more adaptable to all situations they will encounter throughout their life.

### **During The First Three Weeks**

The first three weeks of a puppy's life are crucial times. Puppies are very helpless at this stage. Their eyes do not open until around 10 days, and the sense of hearing starts about 2 weeks. The most important way we interact with our litter during this phase is by touch. Our puppies are gently handled and stroked at least two times a day so they learn that human touch is a pleasant experience.

The ENS exercises are conducted once daily from 3-16 days old, a period believed to have rapid neurological growth and development. Even though puppies are very immature during this time frame, they are sensitive and respond well to ENS.

When doing ENS, there is a series of five exercises. In order of preference, we (the handler) starts with one pup and stimulates it using each of the exercises listed below. Completing the series from beginning to end before starting with next pup. It is important that we don't repeat the exercise more than once per day, as well as not extend past the time recommended for each exercise. When ENS is performed correctly it is believed to impact the neurological system by kicking it into action earlier than would be expected normally.

# Westlane and Early Neurological Stimulation (ENS)

These exercises are not a substitution for daily handling.

- **Tactile Stimulation** (time 3-5 seconds) – holding the pup in one hand, the handler gently stimulates (tickles) the pup between the toes on and one foot using a Q-tip.
- **Head Held Erect** (time 3-5 seconds) – using both hands, the pup is held perpendicular to the ground, (straight up), so that its head is directly about its tail (an upwards position).
- **Head Pointed Down** (time 3-5 seconds) – holding the pup firmly with both hands the head is reversed and is pointed downward, pointing towards the ground.
- **Supine Position** (time 3-5 seconds) – holding the pup so that its back is resting in the palm of both hands with its muzzle facing the ceiling, while on its back the pup is allowed to sleep,
- **Thermal Stimulation** (3-5 seconds) – using a damp towel (cooled in a refrigerator for at least 5 minutes). Placing the pup on the towel, feet down (not restraining it if it moves)

\*\*\* Five benefits have been observed in canines that were exposed to ENS, including improved cardiovascular performance (heart rate); stronger heartbeats; stronger adrenal glands; more tolerance to stress; and greater resistance to disease.\*\*\*

This information was copied from [AKC's Puppy Socialization: ENS](#)