

June to September are some of the most vulnerable months for Harbor Seals (*Phoca vitulina*) in the San Juan Islands because of human disturbances during the pupping season. When threatened, mother seals may flush from the haul out site and abandon their pup until the disturbance is gone. Extended separations from the mother can be fatal, and as anthropogenic disturbances increase, the number of abandoned pups may increase in upcoming years. Our research during summer of 2025 aimed to provide information for harbor seal pup rehabilitation and conservation in the Salish Sea by observing mother-pup pair interactions and important social behaviors they do together. Additionally, our research provides knowledge on social behavior of lone pups and lone adults which can be used for further research to compare habituation of these animals. We found that lone adult seals spent the most time (75.27%) resting/loafing and lone seal pups spent the most time being vigilant (30.35%). We also found that mother-pup pairs spent 100% of flushing and swimming time together, revealing the importance of mothers showing pups how to flush and the necessity of giving seals the opportunity to swim in rehabilitation centers.