



101 PET PARENTING YOUR COURSE GUIDE

5 Private Sessions. Practical Skills. Real-Life Results.

A simple roadmap for you and your dog

WELCOME!

This guide gives you the big picture without overwhelming you with training details. You do not need to memorize anything before class. I will teach each skill step-by-step, demonstrate it with your dog, coach you while you practice, and give you clear guidance for home practice.

KC Lasco, CPDT-KA

101 Pet Parenting • All Dogs Training Center

Welcome to 101 Pet Parenting

Your dog does not need to be perfect, and neither do you. This course is designed to help the two of you learn how to communicate, work together, and handle everyday life with more confidence.

Across five private sessions, we will build practical skills for home, walks, public outings, distractions, and the situations that matter most to your family. Training is personalized to your dog, so we can adjust the pace and exercises when needed.

What You Will Build Together

- ✓ Clear communication between you and your dog
- ✓ Focus and engagement
- ✓ Calmer household manners and impulse control
- ✓ A reliable recall foundation
- ✓ Loose leash walking skills
- ✓ Better choices around distractions and triggers
- ✓ Confidence for everyday adventures together

How You Will Learn

LEARN → WATCH → PRACTICE → TRAIN TOGETHER

First, you will learn why the skill matters. Then I will demonstrate it with your dog. You will have a chance to practice the mechanics, and finally you and your dog will train together with one-on-one coaching.

You will leave each session knowing what to practice next. Your lesson guides, cue cards, and homework checklists will contain the step-by-step details—so this course guide can stay simple.

Positive Reinforcement Is Our Foundation

We focus on teaching your dog what to do and rewarding successful choices with things your dog values—such as food, praise, toys, play, and real-life rewards. The goal is a dog who understands the lesson and wants to participate.

Before Your First Session

We keep preparation simple so you can focus on learning and enjoying your dog.

Please Bring

- ✓ Your dog wearing a flat buckle collar, martingale collar, or front-clip harness
- ✓ Approximately 100 pea-sized, high-value treats your dog loves
- ✓ Comfortable clothing and shoes for walking and moving outdoors
- ✓ Questions! This is private instruction, and questions are always welcome.

PLEASE LEAVE AT HOME

Choke chains, prong/pinch collars, and electronic collars are not used in this positive-reinforcement course.

We Provide

- Premium 6-foot leather training leash
- Elevated cooling and comfort cot
- Training treat pouch
- Water bowl and bottled water
- Training toys and enrichment items when appropriate

A Helpful Tip Before Class

Avoid feeding a large meal immediately before your session. A dog who is comfortable and interested in rewards is usually more ready to learn.

Training Locations

Sessions 1–2: All Dogs Training Center — calm, low-distraction foundation work.

Session 3: Jasper One Park & Walk Trail — begin applying skills around real-world sights, sounds, and movement.

Sessions 4–5: Neighborhood and community training — use your skills where everyday life actually happens.

Your 5-Session Roadmap

Each session builds on the last. The exact pace may be adjusted to your dog, but this roadmap shows where we are headed.

SESSION 1 | Build the Foundation

Communication • Motivation • Manners • Recall

Reinforcement Zone: Help your dog learn that being beside you is a valuable place to be—the starting point for future leash work.

Food Bowl Manners: Turn mealtime into an easy opportunity to practice patience and thoughtful choices.

Doorway Manners: Teach your dog to pause and wait calmly at doors instead of rushing through, building everyday safety and impulse control.

“Here” Recall Game: Begin building a happy, reliable response to coming when called.

Rewards & Release: Learn how to tell your dog both “Yes, that was right!” and “You’re finished—you may move.”

Personalized Enrichment: Your trainer will choose an enrichment activity based on the types of activities your dog naturally enjoys, helping make learning fun while supporting mental stimulation, confidence, and engagement.

Your takeaway: You leave with a clearer way to communicate and a few simple foundation skills to practice at home.

SESSION 2 | Create Calm & Connection

Bed • Focus • Walking Position • Redirection

Bed Cue - Foundation: Teach your dog that the bed is a comfortable place to settle and relax.

Walking Beside You: Build value for staying near your side instead of forging ahead.

Reconnect Through Movement: Learn a simple movement pattern that helps your dog come back to you when attention starts drifting.

Personalized Enrichment: Your trainer will choose an enrichment activity based on the types of activities your dog naturally enjoys, helping make learning fun while supporting mental stimulation, confidence, and engagement.

Your takeaway: You begin seeing how calmness, focus, and walking position work together.

SESSION 3 | Take Skills Into the Real World

Leash Communication • Distractions • Recovery

Follow the Leash: Teach your dog to respond to gentle leash guidance instead of pulling against it.

Loose Leash Foundations: Learn what to do when leash tension appears and how to reward reconnection.

Watching the World Go By: Practice around everyday sights, sounds, people, dogs, and other distractions at a comfortable distance.

Team Training: Put your foundation skills together while your dog learns to check in with you.

Personalized Enrichment: Your trainer will choose an enrichment activity based on the types of activities your dog naturally enjoys, helping make learning fun while supporting mental stimulation, confidence, and engagement.

Your takeaway: You gain practical tools for handling distractions without turning the walk into a tug-of-war.

SESSION 4 | Build Everyday Reliability

Impulse Control • Longer Walks • Household Manners

Bed Cue - Real-Life Practice: Build greater reliability while normal household activity happens around your dog.

It's Your Choice: Help your dog discover that patience and good choices unlock the things they want.

"Let's Go": Create a positive cue for moving forward together and redirecting before a distraction becomes a problem.

Personalized Enrichment: Your trainer will choose an enrichment activity based on the types of activities your dog naturally enjoys, helping make learning fun while supporting mental stimulation, confidence, and engagement.

Your takeaway: Your dog practices making better choices with less help from you.

SESSION 5 | Put It All Together

Confidence • Walking • Distraction Recovery • Graduation

Real-World Walking: Practice changes of direction and walking patterns that keep your dog connected to you.

Personalized Distraction Strategy: Use the recovery technique that best fits you and your dog when the environment becomes exciting.

Touch Cue: Teach a simple hand target that can help with focus, movement, redirection, and confidence.

Mastery Challenge: Bring your course skills together in a practical, real-life training experience.

Personalized Enrichment: Your trainer will choose an enrichment activity based on the types of activities your dog naturally enjoys, helping make learning fun while supporting mental stimulation, confidence, and engagement.

Your takeaway: You finish with a toolbox of skills you can continue using long after graduation.

Home Practice: Keep It Simple

You do not need marathon training sessions. Short, successful practice woven into normal life is often more useful than trying to do everything at once.

- ✓ Practice the specific step assigned during your session.
- ✓ Use the rewards your dog finds meaningful.
- ✓ Stop while you and your dog are still successful.
- ✓ If something feels too difficult, make it easier rather than forcing the exercise.
- ✓ Bring questions, challenges, and successes to your next private session.

YOUR HOMEWORK WILL BE PERSONALIZED

Not every dog progresses in exactly the same way. Your homework card will tell you what your dog is currently working on and which steps are ready for practice. You do not have to work ahead.

What Progress Really Looks Like

Progress is not about having a “perfect” dog after five sessions. It is about giving you a repeatable system for communicating clearly, rewarding good decisions, and helping your dog succeed in increasingly realistic situations.

- Your dog understands you more clearly.
- You know what to do when your dog becomes distracted.
- Walks feel more cooperative and less frustrating.
- Your dog can settle more successfully at home.
- You recognize and reward good choices sooner.
- You feel more confident training without the trainer standing beside you.

A Note About Your Dog’s Individual Plan

The course gives us a roadmap—not a rigid script. Age, breed, temperament, learning history, motivation, physical comfort, and your family’s priorities can all affect how we teach a skill. When an exercise is not the right fit, we can modify it while preserving the purpose of the lesson.

Graduation: Skills for Life

By the end of your five private sessions, you and your dog will have practiced a foundation of communication, trust, teamwork, calm behavior, leash skills, impulse control, and real-world decision-making.

THE REAL GOAL

Training is not about creating a perfect dog. It is about creating a partnership built on trust, communication, patience, and understanding.

After the Course

Keep using the skills in everyday life. As they become easier and more natural, you can gradually practice around new environments and distractions. When you are ready for more advanced work, the 102 Pet Parenting Course can continue building on this foundation.

Questions? I'm Here to Help.

KC Lasco, CPDT-KA

101 Pet Parenting | All Dogs Training Center

KC@101petparenting.com | (928) 642-0082

5811 E. Richmond Rd., Prescott Valley, AZ 86314

Clear Steps. Stronger Bond. Better Results.