



101 COURSE SYLLABUS

Private Positive Reinforcement
Dog Training Course



**SAVE \$95
TODAY!**

LIMITED-TIME OFFER

~~\$375~~ → **\$280**

COUPON CODE:

TRAINYOURDOG



5 WEEKS
Complete 5-Week
Training Program



**PRIVATE
TRAINING**
One-on-One
Instruction



**RISK-FREE
WEEK 1**
Try the First Session
Risk-Free



**MASTERY OF
LOOSE LEASH WALKING**



**PREVENT
TRIGGERS**



**REAL-WORLD
APPLICATION**



**CORE FOUNDATIONAL
MANNERS**

**Building Better Pet Parents—
One Dog at a Time**

Instructor
KC Lasco, CPDT-KA

Version 2026



101 PET PARENTING
Clear Steps. Stronger Bond. Better Results.

Positive Reinforcement Dog Training in Prescott Valley, AZ

101 COURSE SYLLABUS

Instructor/Trainer:

KC Lasco, Professional Certified Dog Trainer

KC@101petparenting.com

(928) 642-0082

www.101petparenting.com

Training Center Location:

All Dogs +1 Training Center

5811 E. Richmond Rd

Prescott Valley, AZ 86314

Park & Walk Location (2 blocks):

E. Killen Loop Trail

4636 N James Ct

Prescott Valley, AZ 86314

Class Equipment Provided:



- Chew Item/ food-stuffed toy
- Elevated Cooling/Comfort Cot
- Favorite Toy
- 6' Leather Leash
- Water Bowl + Bottled Water
- Treat Pouch

Class Equipment Required:

- Collar (no choke, pinch or shock collars)
- Variety of Training Treats & Pouch (approx. 100 pea sized)

101 WEEK 1	6
Lesson 1 - Positive Reinforcement Overview	6
<i>Building a Lifetime of Trust Through Reward-Based Learning</i>	6
Lesson 2 – Release Cue Overview	7
<i>Teaching Your Dog When a Behavior Has Ended</i>	7
Lesson 3 - Choose Your Treat Game	8
<i>Discover What Truly Motivates Your Dog</i>	8
Lesson 4 - Sit in Reinforcement Zone	9
<i>Building the Foundation for Loose Leash Walking</i>	9
Lesson 5 – Food Bowl Manners	10
<i>Teaching Patience at Meal Time</i>	10
Lesson 6 – “Here” Cue	11
Catch & Release Game	11
<i>Teaching a Reliable Recall Through Games & Trust</i>	11
WEEK 1 REVIEW	11
Skills You've Learned	11
101 WEEK 2	12
Lesson 7 - Bed Cue – Part 1	12
Distance • Implied Stay • 30 Minutes • Verbal Cue	12
<i>Building Calmness Through Relaxation</i>	12
Lesson 8A - Seen at the Seam of your Pants	13
<i>Managing Distractions Before They Become Pulling</i>	13
Lesson: 8B - 360° Full Circle Rotation	14
<i>Managing Distractions Before They Become Pulling</i>	14
Lesson 9 - Bed Cue – Part 2	16
<i>Building Duration Through Real-World Distractions</i>	16
Lesson 10A - Follow the Leash Cues + Sit Leash Cue	17
<i>Building Clear Leash Communication</i>	17
Lesson 10B - Add the Leash Sit in Reinforcement Zone	18
<i>Transitioning from Off-Leash to On-Leash Success</i>	18

Lesson 10C - Add the Leash + Dog Seen at the Seam	18
<i>Transitioning from Off-Leash to On-Leash Success</i>	18
Lesson 10D - Add the Leash + 360 Rotation	18
<i>Transitioning from Off-Leash to On-Leash Success</i>	18
Lesson 11A - Leash Anchoring	19
<i>Mastering Loose Leash Walking in the Real World</i>	19
Lesson 11B - Watching the World Go By	20
<i>Turning Triggers into White Noise</i>	20
<i>Mastering Advanced Distraction Recovery</i>	21
11D: Option 2 - Leash Anchor + Pivot + U-Turn	21
<i>Mastering Advanced Distraction Recovery</i>	21
11E: Team Training	22
<i>Working Together Around Real-World Distractions</i>	22
WEEK 3 REVIEW	22
Skills You've Learned	22
101 WEEK 4	24
Lesson 12 - Bed Cue Part 3	24
Implied Stay (2 hours) + Distance + Distractions	24
<i>Building Reliability Through Duration, Distance & Distractions</i>	24
Lesson 13 - It's Your Choice Game	25
<i>Teaching Self-Control Through Better Decisions</i>	25
Lesson 14: "Let's Go" Cue	26
<i>Building Confident Real-World Walking</i>	26
WEEK 4 REVIEW	27
Skills You've Learned	27
WEEK 5	27
Living the Lifestyle	27
Putting It All Together	27
MANAGING YOUR DOG'S TRIGGERS	28
15A: OPTION 3 - Double Switchback Technique	28

<i>Mastering Advanced Distraction Recovery</i>	28
15B: OPTION 4 - Switchback + Half Circle Rotation	29
<i>Redirecting your Dog's Triggers and Distractions</i>	29
16: OPTION 5 - Figure 8 Walking	30
<i>Building Real-World Walking your Dog Success</i>	30
Lesson 17 - Touch Cue	31
<i>Building Focus Through Targeting Games</i>	31
 GRADUATION	31
Celebrate Your Journey	31
What You've Accomplished	31
 What's Next?	32
Continue Your Journey	32
COURSE OVERVIEW	33
Welcome to the 101 Pet Parenting Course	33

101 WEEK 1

Lesson 1 - Positive Reinforcement Overview

Building a Lifetime of Trust Through Reward-Based Learning

Why This Skill Matters

Positive reinforcement is the foundation of every behavior you'll teach throughout this course.

Rather than correcting mistakes, you'll learn how to reward desirable choices so your dog understands exactly which behaviors earn positive outcomes.

Dogs quickly discover that making good decisions leads to praise, rewards, and enjoyable experiences, creating a confident learner who truly enjoys working with you.

Benefits:

- Faster learning
- Increased confidence
- Better communication
- Stronger bond
- More enjoyable training sessions

Training Goals

By the end of this lesson, you will learn to:

- ✓ Mark desired behaviors with an enthusiastic "YES!"
- ✓ Reinforce behaviors using food, praise, toys, and games.
- ✓ Build clear communication with your dog.
- ✓ Increase your dog's confidence and enthusiasm for learning.

LESSON OVERVIEW:

Welcome to the exciting world of positive reinforcement!

During this lesson, you'll learn how to **mark** desirable behaviors with an enthusiastic "YES!" followed immediately by a meaningful reward. You'll also discover how praise, affection, toys, games, and food work together to communicate clearly with your canine teammate.

These simple yet powerful techniques create positive associations that encourage your dog to repeat the behaviors you want while strengthening the relationship you share.

This rewarding approach makes learning enjoyable for both you and your dog—and lays the foundation for every lesson that follows.

101 WEEK 1

Lesson 2 – Release Cue Overview

Teaching Your Dog When a Behavior Has Ended

Why This Skill Matters

Without a release cue, your dog decides when a behavior is over.

With a release cue, your dog learns to wait calmly until you communicate that he's free to move.

This simple concept creates clarity, consistency, and confidence.

Benefits:

- ✓ Better impulse control
- ✓ Clearer communication
- ✓ Greater patience
- ✓ Increased confidence

Training Goals

Your dog will learn to:

- ✓ Understand when a behavior is complete.
- ✓ Remain in position until released.
- ✓ Respond confidently to a consistent release cue.
- ✓ Develop greater patience and impulse control.

Lesson Overview

The **Release Cue** is a special word or gesture that tells your dog a behavior has been successfully completed.

Whether your dog is sitting, lying on his bed, or holding another position, the release cue clearly communicates when he is free to move again.

Throughout this course, you'll use this cue to build patience while helping your dog understand exactly when each exercise begins—and ends.

101 WEEK 1

Lesson 3 - Choose Your Treat Game *Discover What Truly Motivates Your Dog*

Why This Skill Matters

Every dog has favorite rewards. Finding those high-value treats dramatically improves motivation, especially while introducing new behaviors.

As learning becomes more consistent, you'll gradually transition to lower-value rewards while maintaining reliable performance.

Benefits:

- Faster learning
- Higher motivation
- Increased engagement
- Better focus

Training Goals

Your dog will:

- ✓ Discover his highest-value rewards.
- ✓ Become more motivated to learn.
- ✓ Build stronger positive associations with training.

Lesson Overview

Positive reinforcement becomes even more effective when you discover what your dog values most.

During this lesson, you'll introduce a variety of treats and observe which rewards create the greatest excitement and engagement.

High-value treats—such as small pieces of chicken, cheese, or other favorite foods—will help your dog quickly understand new concepts during the early stages of learning.

As your dog's confidence grows, you'll gradually reduce reliance on these premium rewards while maintaining enthusiasm for training.

101 WEEK 1

Lesson 4 - Sit in Reinforcement Zone *Building the Foundation for Loose Leash Walking*

Why This Skill Matters

The Sit Cue becomes the starting point for many future behaviors.

By teaching your dog to sit beside you rather than in front of you, you're creating the Reinforcement Zone—the position where communication, teamwork, and loose leash walking begin.

Benefits:

- Better focus
- Stronger engagement
- Foundation for loose leash walking
- Improved teamwork

Training Goals

Your dog will learn to:

- ✓ Sit beside your leg in the Reinforcement Zone.
- ✓ Offer automatic sits.
- ✓ Respond to the verbal cue "Sit."
- ✓ Prepare for loose leash walking.

Lesson Overview

The **Sit Cue** is one of the most important foundational skills your dog will ever learn.

This lesson introduces your dog to sitting confidently beside your leg while gradually developing automatic sits and reliable verbal responses.

You'll begin by using a food lure to guide your dog into position before gradually fading the lure and introducing the verbal cue.

As understanding grows, your dog will begin offering sits voluntarily whenever he arrives in the Reinforcement Zone.

Once this foundation is mastered, you'll be ready to begin loose leash walking.

101 WEEK 1
Lesson 5 – Food Bowl Manners
Teaching Patience at Meal Time

📖 Why This Skill Matters

Mealtime is one of the best opportunities to teach patience.

Rather than rushing toward food, your dog learns that calm, thoughtful choices make wonderful things happen.

★ Benefits:

- Better impulse control
- Reduced mealtime excitement
- Increased patience
- Improved focus

🎯 Training Goals

Your dog will:

- ✓ Wait patiently before eating.
- ✓ Build impulse control.
- ✓ Learn that calm behavior earns rewards.
- ✓ Transfer value from the food bowl to you.

🍇 Lesson Overview

This lesson transforms mealtime into a valuable training opportunity.

Your dog will learn to automatically move to a designated feeding position, patiently remain there, and wait for permission before enjoying his meal.

As your dog's self-control improves, you'll gradually increase the challenge by moving throughout the room while food remains available.

Over time, your dog learns that you—not the food bowl—are the source of all good things.

101 WEEK 1

Lesson 6 – “Here” Cue Catch & Release Game

Teaching a Reliable Recall Through Games & Trust

Why This Skill Matters

A reliable recall is one of the most valuable safety skills your dog can learn.

Coming to you should always predict something wonderful.

Benefits:

- Reliable recall
- Increased safety
- Greater trust
- Stronger bond

Training Goals

Your dog will:

- ✓ Return promptly when called.
- ✓ Enjoy coming to you.
- ✓ Accept gentle collar holds.
- ✓ Build trust through positive experiences.

Lesson Overview

The **Catch & Release Game** teaches your dog that coming when called never ends the fun—it often leads to even more rewards.

When your dog happily returns, you'll gently hold the collar, reward generously, and then release him back to play.

This simple game builds trust, strengthens your relationship, and creates a reliable recall that can help keep your dog safe throughout his life.

WEEK 1 REVIEW Skills You've Learned

 Positive Reinforcement |  Release Cue |  Choose Your Treat Game

 Sit in Reinforcement Zone |  Food Bowl Manners |  Here Cue

Looking Ahead

Next week, you'll begin introducing longer-duration behaviors and the first building blocks of loose leash walking. Your dog will learn the Bed Cue, discover the importance of the Reinforcement Zone, and begin developing the focus and impulse control needed for calm, enjoyable walks together.

101 WEEK 2

Lesson 7 - Bed Cue – Part 1

Distance • Implied Stay • 30 Minutes • Verbal Cue

Building Calmness Through Relaxation

Why This Skill Matters

The **Bed Cue** is one of the most practical life skills your dog will ever learn.

Whether you're entertaining guests, eating dinner, traveling, working from home, or simply relaxing in the evening, your dog's bed becomes a safe place where he can confidently settle and remain calm until invited to leave.

Rather than wondering where to go, your dog learns exactly where success happens.

This lesson helps your dog develop:

- Patience
- Impulse Control
- Emotional Regulation
- Independence
- Household Manners
- Confidence

Training Goals

By the end of this lesson, your dog will:

- ✓ Respond to the verbal cue "**Bed.**"
- ✓ Run confidently to the designated bed.
- ✓ Relax comfortably for up to **30 minutes.**
- ✓ Maintain an implied stay until released.
- ✓ Begin developing greater impulse control.

Lesson Overview:

This week, you'll introduce your dog to the verbal cue "**Bed**" while teaching him that relaxing on his designated bed is both comfortable and rewarding.

Using gentle hand guidance, encouraging verbal praise, and strategically timed food rewards, you'll help your dog discover that calm behavior earns positive reinforcement.

As your dog becomes more comfortable remaining on his bed, you'll gradually increase both duration and independence. By the end of the week, your goal is for your dog to settle contentedly for up to **30 minutes** with only occasional reinforcement while everyday life continues around him.

This exercise lays the foundation for future lessons that introduce greater distance, longer durations, and increasing household distractions.

101 WEEK 2

BUILDING VALUE FOR REINFORCEMENT ZONE

Lesson 8A - Seen at the Seam of your Pants

Managing Distractions Before They Become Pulling

Why This Skill Matters

Reward placement influences position. By consistently delivering rewards beside the seam of your pants, your dog learns that walking at your side is the most rewarding place to be.

Instead of chasing rewards in front of you, your dog naturally begins choosing the correct walking position.

Benefits

- Better leash position
- Increased engagement
- Reduced pulling
- Stronger communication
- More enjoyable walks

Training Goals

Your dog will learn to:

- ✓ Value walking beside your leg.
- ✓ Understand that reinforcement happens at your side.
- ✓ Stay engaged by frequently checking in with you.
- ✓ Avoid forging ahead or lagging behind.
- ✓ Build a stronger working partnership.

Description:

One of the simplest ways to improve loose leash walking is by **where** you deliver your rewards.

Throughout this lesson, you'll consistently reinforce your dog beside the seam of your pants—also known as the **Reinforcement Zone**. This creates tremendous value for remaining close to your side.

Over time, your dog begins viewing this location as the place where all good things happen.

As a result, your dog naturally offers more eye contact, increased engagement, and better leash position without constant reminders.

101 WEEK 2

BUILDING VALUE FOR REINFORCEMENT ZONE

Lesson: 8B - 360° Full Circle Rotation

Managing Distractions Before They Become Pulling

Why This Skill Matters

Pulling is often the result of excitement, curiosity, or overstimulation.

Instead of fighting against your dog's momentum, the **Full Circle Rotation** redirects that energy into movement that naturally reconnects your dog with you.

This technique transforms pulling into an opportunity to rebuild focus.

Benefits

- Prevents leash pulling
- Improves focus
- Builds emotional resilience
- Creates smoother walks
- Strengthens communication
- Encourages thoughtful decision-making

Training Goals

Your dog will learn to:

- ✓ Return to Reinforcement Zone.
- ✓ Release leash tension.
- ✓ Redirect attention back to you.
- ✓ Improve impulse control.
- ✓ Stay engaged around distractions.
- ✓ Build positive emotional responses to environmental triggers.

Lesson Description

When your dog begins pulling toward a distraction, gently guide him into a smooth **360-degree circle**.

The circular movement interrupts forward momentum without creating conflict or frustration.

As your dog follows the leash through the rotation, he naturally returns to the Reinforcement Zone at your side, where calm behavior is immediately rewarded.

Over time, your dog learns that paying attention to you is more rewarding than pulling toward distractions.

For dogs that are nervous or reactive, this exercise can also help change emotional responses by pairing potentially stressful situations with calm movement and positive reinforcement.

101 WEEK 3
Coming Up
Communication Under Pressure
Mastering Loose Leash Walking in the Real World

This Week's Mission

This week, you and your dog will begin the exciting transition from foundational training to real-world application. You'll introduce leash communication, strengthen your dog's understanding of the Reinforcement Zone, and begin practicing proven techniques for managing distractions with confidence. As your dog's impulse control grows, you'll learn how to transform challenging situations into opportunities for teamwork, creating calmer, more enjoyable walks together.

Skills You'll Master

👉 Bed Cue – Part 2 | 🦴 Sit Cue – Part 2 | 🐾 Leash Communication | ⚓ Leash Anchoring | 🌿 Managing Distractions
| 🤝 Team Training

101 WEEK 3

Lesson 9 - Bed Cue – Part 2 Implied Stay (1 hour) + Distractions

Building Duration Through Real-World Distractions

Why This Skill Matters

The Bed Cue is no longer simply about going to a bed. It now becomes an exercise in emotional regulation.

As your dog learns to remain calm despite movement, sounds, and distractions, he develops the patience and self-control that support success throughout everyday life.

Benefits

- Greater impulse control
- Increased emotional regulation
- Improved household manners
- Better independence
- Stronger relaxation skills

Training Goals

By the end of this lesson, your dog will:

- ✓ Settle comfortably on his bed for up to **one hour**.
- ✓ Maintain an implied stay with minimal reinforcement.
- ✓ Remain relaxed while normal household activity continues.
- ✓ Build confidence around increasing distractions.

Lesson Overview

Your dog has already learned to happily respond to the verbal cue "**Bed**" and remain settled for approximately thirty minutes.

This week, you'll begin increasing both the duration and difficulty of the exercise by introducing realistic household distractions while extending relaxation time to one hour.

As your dog's confidence grows, he'll learn that calm behavior continues to earn positive reinforcement—even when exciting things are happening around him.

This progression prepares your dog for the advanced Bed Cue introduced later in the course.

101 WEEK 3

Lesson 10A - Follow the Leash Cues + Sit Leash Cue *Building Clear Leash Communication*

Why This Skill Matters

The leash should become a communication tool—not a restraint.

Teaching your dog to follow gentle leash pressure creates clear, calm communication that replaces pulling with cooperation.

Benefits



- Better leash communication
- Smoother transitions
- Greater teamwork
- Less pulling
- Increased engagement

Training Goals

Your dog will learn to:

- ✓ Follow leash cues into a full circle auto sit at your side.
- ✓ Follow gentle leash guidance.
- ✓ Return smoothly to the Reinforcement Zone.
- ✓ Perform automatic sits using leash cues.
- ✓ Prepare for real-world loose leash walking.

Lesson Overview

Now that your dog consistently sits at your side upon hearing the verbal cue “sit”, it’s time to add the leash! No more leash pulling! In Part 2 of the “Sit” Cue, your dog will learn how to follow the leash rather than pulling ahead like a “sleigh” dog. You will learn how to use the leash like a steering wheel to guide your Pup into any position, and your teammate will understand to follow it! This is a fun and stimulating exercise that strengthens the bond & trust between you and your adorable dog as you both learn to work together as a team!  

101 WEEK 3

Lesson 10B - Add the Leash | Sit in Reinforcement Zone

Transitioning from Off-Leash to On-Leash Success

Lesson 10C - Add the Leash + Dog | Seen at the Seam

Transitioning from Off-Leash to On-Leash Success

Lesson 10D - Add the Leash + 360 Rotation

Transitioning from Off-Leash to On-Leash Success

Why This Skill Matters

The leash should become a communication tool—not a restraint.

Teaching your dog to follow gentle leash pressure creates clear, calm communication that replaces pulling with cooperation.

Benefits

- Better leash communication
- Smoother transitions
- Greater teamwork
- Less pulling
- Increased engagement

Training Goals

Your dog will learn to:

- ✓ Follow gentle leash guidance.
- ✓ Return smoothly to the Reinforcement Zone.
- ✓ Perform automatic sits using leash cues.
- ✓ Prepare for real-world loose leash walking.

Lesson Overview

This week introduces one of the biggest milestones in the course—adding the leash to skills your dog already understands.

Rather than allowing the leash to become something your dog pulls against, you'll teach him to follow it naturally, almost as if it were a steering wheel guiding both of you together.

You'll begin by practicing smooth leash guidance into automatic sits before revisiting familiar exercises—including the Reinforcement Zone, Seen at the Seam, and the 360° Rotation—with the leash attached.

Because these skills were first mastered off leash, the transition feels familiar, predictable, and enjoyable for your dog. Each successful repetition prepares you both for more advanced loose leash walking techniques introduced later this week.

101 WEEK 3

Lesson 11A - Leash Anchoring

Mastering Loose Leash Walking in the Real World

Why This Skill Matters

This Lesson introduces the first advanced loose leash walking techniques used to help dogs remain calm, focused, and connected when distractions appear.

Pulling works because it often gets dogs closer to what they want.

Leash Anchoring teaches the opposite.

Only a loose leash moves the adventure forward.

Benefits

- Prevents leash pulling
- Manages excitement and reactivity
- Builds communication
- Shifts focus
- Makes pulling uncomfortable
- Encourages re-engagement

Training Goals

Your dog will learn to:

- ✓ Release leash tension.
- ✓ Stop pulling.
- ✓ Re-engage with you.
- ✓ Remain calmer around distractions.
- ✓ Understand that loose leashes move forward.

Lesson Overview

Instead of pulling against your dog, you'll become a quiet, steady anchor.

Whenever leash tension develops, forward movement simply pauses.

As soon as your dog chooses to release tension and reconnect with you, the walk continues.

Over time, your dog discovers that calm choices—not pulling—lead to progress.

101 WEEK 3 MANAGING DISTRACTIONS & TRIGGERS

Lesson 11B - Watching the World Go By *Turning Triggers into White Noise*

Why This Skill Matters

Dogs don't need to love every distraction.

They simply need to learn they don't have to react.

Benefits

- ✓ Builds confidence around distractions
- ✓ Reduces reactivity and overexcitement
- ✓ Strengthens focus on the handler
- ✓ Creates calmer real-world behavior

Training Goals

Help your dog replace excitement or worry with calm curiosity.

Lesson Overview

This lesson introduces the principles of **desensitization and counterconditioning**.

Working at a comfortable distance, you'll expose your dog to everyday triggers while immediately pairing those experiences with high-value rewards.

Gradually, barking dogs, bicycles, strangers, and other distractions begin predicting good things instead of stress or overexcitement.

Instead of reacting, your dog learns to look to you for guidance.

101 WEEK 3

11C: Option 1 - Leash Anchor + Follow the Leash

Mastering Advanced Distraction Recovery

11D: Option 2 - Leash Anchor + Pivot + U-Turn

Mastering Advanced Distraction Recovery

Why This Skill Matters

Dogs don't need to love every distraction. They simply need to learn they don't have to react.

Benefits

- Prevent Leash Pulling
- Manage excitement and reactivity
- Build Communication
- Shift Focus
- Makes pulling uncomfortable
- Encourages reengagement

Training Goals

- ✓ Help your dog replace excitement or worry with calm curiosity
- ✓ Teach him how to recover calmly after pulling.

Lesson Overview

Building upon Leash Anchoring, you'll introduce two practical recovery strategies:

Follow the Leash Back to Reinforcement Zone helps your dog reconnect by following gentle leash guidance back to your side before continuing forward.

Pivot + U-Turn redirects your dog's momentum by calmly changing direction, encouraging him to refocus on your movement instead of the distraction ahead.

These techniques transform moments of pulling into opportunities for learning and strengthen your dog's habit of returning to the Reinforcement Zone.

101 WEEK 3

MANAGING DISTRACTIONS & TRIGGERS

11E: Team Training

Working Together Around Real-World Distractions

Why This Skill Matters

Real success isn't measured in quiet training rooms.

It's measured when your dog chooses you despite everything happening around him.

Benefits

- ✓ Builds confidence around real-world distractions
- ✓ Strengthens focus and handler engagement
- ✓ Reinforces calm, thoughtful decision-making
- ✓ Improves loose leash walking reliability
- ✓ Creates more enjoyable outings together

Training Goals

Your dog will learn that staying connected to you—even when exciting distractions appear—creates opportunities for rewards, play, and continued adventures.

Lesson Overview

This lesson brings together everything you've learned throughout Week 3.








Using controlled distractions such as other dogs and stimulating environments, you'll practice maintaining a loose leash, reinforcing attention, and rewarding thoughtful decisions.

Instead of reacting impulsively, your dog begins choosing to check in with you first.

That decision becomes the foundation for confident, enjoyable outings together for years to come.

WEEK 3 REVIEW

Skills You've Learned

 **Bed Cue – Part 2** |  **Follow the Leash Cues + Sit Leash Cue** |  **Leash Communication**
 **Leash Anchoring** |  **Turning Triggers into White Noise (Watching the World Go By)**
 **Leash Recovery Techniques: Option 1 & Option 2** |  **Team Training**

Looking Ahead

Next week, you'll build even greater reliability by increasing duration, distance, and distractions while introducing the **It's Your Choice Game** and the **“Let's Go” Cue**. These lessons prepare your dog to make thoughtful decisions independently and confidently in everyday environments.

WEEK 4
Building Reliability
Making Great Choices in the Real World

This Week's Mission

This week is where everything begins to come together.

Your dog already understands the individual skills you've practiced throughout the first three weeks. Now it's time to increase the challenge by adding greater distance, longer durations, and everyday distractions while encouraging your dog to make thoughtful choices independently.

By the end of this week, you'll begin seeing your dog rely less on constant guidance and more on the confidence and communication you've built together.

Skills You'll Master

👉 **Bed Cue – Part 3** | 🧠 **It's Your Choice Game**

🚶 **Loose Leash Walking – Part 2** | ➡ **"Let's Go" Cue**

101 WEEK 4

Lesson 12 - Bed Cue Part 3

Implied Stay (2 hours) + Distance + Distractions

Building Reliability Through Duration, Distance & Distractions

Why This Skill Matters

A reliable Bed Cue gives your dog a clear job to do.

Whether you're answering the door, preparing dinner, entertaining guests, or simply enjoying a quiet evening, your dog learns exactly where to go and how to relax without constant reminders.

This lesson transforms the Bed Cue into an everyday lifestyle skill.

Benefits

- Outstanding household manners
- Exceptional impulse control
- Calm greetings at the door
- Greater independence
- Increased confidence
- Everyday reliability

Training Goals

By the end of this lesson, your dog will:

- ✓ Respond immediately to the verbal cue "**Bed.**"
- ✓ Relax comfortably for up to **2 hours.**
- ✓ Remain settled despite common household distractions.
- ✓ Respond confidently from greater distances.
- ✓ Continue developing exceptional impulse control.

Lesson Overview

Your dog has already mastered settling comfortably on his bed while you move throughout the room.

Now it's time to raise the criteria again.

Throughout this lesson you'll gradually increase both the **duration** and **distance** while introducing more realistic household distractions.

Your dog will learn to automatically run to his designated bed when you say "**Bed!**", confidently settle into a relaxed position, and remain there for up to **two hours** with only occasional food reinforcement.

You'll also begin practicing from greater distances—including those moments when someone knocks at the door or the doorbell rings—helping your dog understand that calm behavior always leads to positive outcomes.

This final progression completes one of the most valuable life skills in the entire course.

Lesson 13 - It's Your Choice Game
Teaching Self-Control Through Better Decisions

 **Why This Skill Matters**

Impulse control isn't taught by constantly telling a dog "No."

It's developed by helping dogs discover that making good choices earns better rewards.

This lesson teaches your dog to think before acting.

 **Benefits**

- Better impulse control
- Increased focus
- Safer walks
- Reduced food scavenging
- Stronger communication
- Better decision-making

 **Training Goals**

Your dog will learn to:

- ✓ Resist grabbing food without permission.
- ✓ Maintain position despite temptation.
- ✓ Offer eye contact before receiving rewards.
- ✓ Strengthen impulse control.
- ✓ Learn that thoughtful choices create wonderful outcomes.

 **Lesson Overview**

It's Your Choice is one of the most powerful games you'll ever play with your dog.

Rather than preventing your dog from making mistakes, you'll give him the opportunity to choose success.

As tempting food is presented, your dog learns that grabbing doesn't work.

Instead, patiently waiting, offering eye contact, and maintaining self-control unlocks access to the reward.

Over time, your dog begins making thoughtful choices automatically—even when distractions or tempting food are nearby.

Perhaps the greatest benefit of this game is that it teaches your dog to ignore food found on the ground without needing a constant "**Leave It**" cue.

Lesson 14: "Let's Go" Cue
Building Confident Real-World Walking

 **Why This Skill Matters**

The "Let's Go" Cue becomes your invitation to move forward together.

Rather than constantly managing distractions after they've happened, this cue proactively redirects your dog's attention before excitement turns into pulling.

 **Benefits**

- Longer loose leash walks
- Better responsiveness
- Increased engagement
- Fewer pulling behaviors
- Greater confidence in public
- More enjoyable adventures together

 **Training Goals**

By the end of this lesson, your dog will:

- ✓ Respond confidently to the verbal cue "Let's Go."
- ✓ Walk longer distances on a loose leash.
- ✓ Stay connected through mild environmental distractions.
- ✓ Redirect attention back to you when needed.

 **Lesson Overview**

Your dog has already learned to automatically return to your side and sit when you stop walking.

Now it's time to extend those skills into longer, more natural walks.

Throughout this lesson you'll gradually increase distance while introducing everyday distractions such as passing people, interesting scents, or distant dogs.

You'll also introduce the verbal cue "Let's Go" as a simple, positive way to encourage your dog to move with you and away from distractions before they become a problem.

Instead of correcting unwanted behavior, you'll proactively guide your dog toward success through movement, communication, and positive reinforcement.

WEEK 4 REVIEW

Skills You've Learned

 Bed Cue – Part 3 |  It's Your Choice Game |  Loose Leash Walking – Part 2 |  "Let's Go" Cue

Looking Ahead

Next week is your graduation week.

You'll combine everything you've learned throughout the course while mastering advanced loose leash walking techniques, Touch, and real-world distraction management. Together, you'll put all of your new skills to the test and celebrate the incredible progress you've made as a team.

WEEK 5

Living the Lifestyle

Putting It All Together

This Week's Mission

Congratulations—you've reached the final week of the 101 Pet Parenting Course!

Everything you've learned throughout the past four weeks now comes together into one complete, real-world experience. This week, you'll strengthen advanced loose leash walking skills, confidently manage everyday distractions, and introduce the versatile **Touch Cue** to improve communication and teamwork.

Most importantly, you'll celebrate how far both you and your dog have come. This isn't the end of your training journey—it's the beginning of a lifetime of confident adventures together.

Skills You'll Master:

 **Double Switchback** |  **Switchback + Half Circle Rotation**
∞ **Figure 8 Walking** |  **Touch Cue** |  **Graduation Challenge**

101 WEEK 5

MANAGING YOUR DOG'S TRIGGERS

15A: OPTION 3 - Double Switchback Technique

Mastering Advanced Distraction Recovery

Why This Skill Matters

Dogs naturally move toward what interests them.

The Double Switchback Technique gently changes that expectation by teaching your dog that paying attention to you is what keeps the walk moving.

Instead of chasing the environment, your dog learns to follow your leadership.

Benefits

- Less pulling
- Better engagement
- Increased attention
- Stronger teamwork
- More enjoyable walks

Training Goals

Your dog will learn to:

- ✓ Stay attentive to your movement.
- ✓ Maintain a loose leash.
- ✓ Quickly return to the Reinforcement Zone.
- ✓ Understand that pulling never leads forward.
- ✓ Strengthen engagement during walks.

Lesson Overview

The Double Switchback Technique builds upon everything you've practiced throughout the course.

Whenever leash tension develops, you'll calmly change direction, encouraging your dog to notice your movement and reconnect with you. Each successful return to the Reinforcement Zone is rewarded, reinforcing the habit of staying engaged rather than forging ahead.

With consistent practice, your dog begins checking in with you naturally, creating smoother, more enjoyable walks built on communication rather than constant correction.

101 WEEK 5

MANAGING YOUR DOG'S TRIGGERS

15B: OPTION 4 - Switchback + Half Circle Rotation

Redirecting your Dog's Triggers and Distractions

Why This Skill Matters

Sometimes changing direction alone isn't enough.

Adding a smooth Half Circle Rotation creates an easy, fluid transition back into your original walking path while keeping your dog's attention focused on your movement.

Benefits

- Gentle redirection without stopping
- Reduced frustration
- Better communication
- Improved leash manners
- Greater confidence

Training Goals

Your dog will learn to:

- ✓ Recover calmly after pulling.
- ✓ Reconnect with you through movement.
- ✓ Return smoothly to the Reinforcement Zone.
- ✓ Build confidence around distractions.

Lesson Overview

When your dog begins pulling toward a distraction, you'll calmly perform a Switchback before guiding him through a gentle Half Circle Rotation.

This movement naturally redirects your dog's momentum, encourages him to reconnect with you, and returns him to the Reinforcement Zone without ever stopping or creating frustration.

Rather than interrupting your walk, this technique creates a smooth, positive recovery that keeps both of you moving confidently together.

16: OPTION 5 - Figure 8 Walking
Building Real-World Walking your Dog Success

 **Why This Skill Matters**

Walking in Figure 8 patterns teaches your dog to pay attention to your movement instead of simply walking in a straight line.

Frequent changes of direction strengthen communication, improve focus, and encourage thoughtful decision-making throughout the walk.

 **Benefits**

- Better endurance
- Increased engagement
- Stronger communication
- Reliable loose leash walking
- Real-world success

 **Training Goals**

By the end of this lesson, your dog will:

- ✓ Maintain loose leash position over longer distances.
- ✓ Navigate changing directions confidently.
- ✓ Stay engaged despite environmental distractions.
- ✓ Prepare for advanced real-world walking challenges.

 **Lesson Overview**

This lesson combines everything you've practiced throughout the course.

You'll gradually increase both distance and environmental distractions while practicing a variety of walking patterns—including Figure 8s, gentle curves, and changes in direction.

As your dog successfully remains in the Reinforcement Zone, you'll continue increasing the challenge while reinforcing calm, connected walking.

These exercises prepare both of you for the advanced distraction work introduced in the 102 Pet Parenting Course.

Lesson 17 - Touch Cue
Building Focus Through Targeting Games

 **Why This Skill Matters**

The Touch Cue is one of the most versatile communication tools you'll ever teach your dog.

It can redirect attention, guide movement, build confidence, reduce stress, and strengthen teamwork—all through one simple behavior.

 **Benefits**

- Better focus
- Easier redirection
- Greater confidence
- Reduced stress
- Stronger communication
- Endless training possibilities

 **Training Goals**

- Your dog will learn to:
- ✓ Touch his nose to your open hand.
 - ✓ Respond reliably to the verbal cue "Touch."
 - ✓ Improve focus and engagement.
 - ✓ Follow gentle hand targeting.
 - ✓ Build confidence in unfamiliar situations.

 **Lesson Overview**

The Touch Cue introduces your dog to the concept of nose targeting, where he deliberately touches his nose to your open hand.

While the behavior appears simple, it becomes an incredibly powerful communication tool.

You'll use Touch to guide your dog into position, redirect attention away from distractions, encourage movement without pulling, and provide a familiar task during exciting or stressful situations.

Because dogs naturally enjoy targeting games, this lesson quickly becomes a favorite for both pet parents and their canine teammates.

 **GRADUATION**
Celebrate Your Journey

What You've Accomplished

Over the past five weeks, you and your dog have built an incredible foundation of communication, trust, and teamwork. Together you've learned:

- ★ Positive Reinforcement | 🐾 Relaxation & Duration | 🦷 Reinforcement Zone
- 🚶 Loose Leash Walking | ⚓ Distraction Management | 🧠 Impulse Control
- 👋 Touch | 🤝 Teamwork | ❤️ Confidence

These aren't simply training exercises.

They're lifelong skills that will continue strengthening your relationship every single day.

What's Next?

Continue Your Journey

Learning never ends—and neither does the fun.

As you continue practicing these skills, you'll discover they become easier, more natural, and more enjoyable with every outing.

When you're ready, the **102 Pet Parenting Course** will build upon this foundation by introducing more advanced distractions, longer durations, and increasingly challenging real-world scenarios.

A Message from KC

Training isn't about creating a perfect dog.

It's about creating a partnership built on trust, communication, patience, and understanding.

Thank you for allowing me to be part of your journey.

Watching you and your dog grow together has been an honor, and I hope the skills you've developed throughout this course continue bringing confidence, joy, and unforgettable adventures for years to come.

Congratulations, graduate.

Your journey is just beginning.

COURSE COMPLETION

101 Pet Parenting™

Congratulations!

Graduate Name: _____

Dog's Name: _____

Graduation Date: _____

Instructor: KC Lasco, CPDT-KA

"Building Better Pet Parents—One Dog at a Time."

COURSE OVERVIEW

Welcome to the 101 Pet Parenting Course Clear Steps. Stronger Bond. Better Results.

The **101 Pet Parenting Course** is a **5-Week / 5-Session private training program** designed to help you and your dog build the essential skills needed for success at home and in everyday life.

Using **positive reinforcement**, you'll learn how to communicate clearly with your dog while developing reliable obedience, confidence, and focus through fun, rewarding training sessions.

Whether you have a playful puppy, an adolescent dog, or a senior companion, this course provides the strong foundation every dog needs to become a calm, confident, and well-mannered family member.

What You'll Learn

Throughout this course, you and your dog will develop practical, real-world skills including:

- Loose leash walking
- Focus and engagement
- Impulse control
- Reliable recalls
- Household manners
- Public manners
- Calm behavior around distractions
- Strong communication between dog and handler

Every lesson builds upon the previous one, creating lasting habits that transfer from the training center to your everyday life.

Our Training Philosophy

At **101 Pet Parenting**, we believe dogs learn best through **positive reinforcement**.

Instead of correcting unwanted behavior, we reward the behaviors we want to see more often using:

- Food rewards
- Praise
- Toys
- Play
- Life rewards

This science-based approach builds confidence, strengthens trust, and creates a lifelong love of learning for both dogs and their people.

A Proven Step-by-Step Learning Process

Every new skill follows the same proven progression:

Learn

Watch live demonstrations and understand why the skill matters.



Practice

Work together with your instructor while receiving personalized coaching.



Master

Practice at home using your lesson guide and cue cards.



Generalize

Gradually introduce distractions and new environments.



Real-World Success

Confidently use your new skills wherever life takes you.

Personalized Private Instruction

Every session is taught **one-on-one**, allowing your training to be customized to your dog's unique personality, learning style, and goals.

Private instruction provides:

- Individual coaching
- Faster progress
- Reduced distractions
- Flexible pacing
- Customized problem solving

This approach is especially helpful for shy, reactive, anxious, or easily distracted dogs.

What to Expect Each Week

Each lesson follows a simple and effective format:

Course Overview

Understand the purpose behind each new lesson.

Live Demonstration

Watch the new skill taught step-by-step.

Hands-On Coaching

Practice together with guidance from your trainer.

Home Practice

Receive easy-to-follow cue cards so you can continue building success throughout the week.

Because each lesson builds upon the previous one, consistent home practice is the key to long-term success.

Training Beyond the Classroom

Success doesn't happen by practicing in only one location.

As your dog gains confidence, training gradually progresses from controlled environments into increasingly challenging situations.

Weeks 1–2

All Dogs Training Center

Build strong foundations in a calm, low-distraction environment.

Week 3

Jasper One Park & Walk Trail

Practice around real-world sights, sounds, and distractions.

Weeks 4–5

Neighborhood & Community Training

Apply your new skills where they matter most—in everyday life.

This progression helps your dog confidently generalize learned behaviors into real-world situations.

Built for Every Dog

Whether your dog is:

- A brand-new puppy
- An adolescent full of energy
- An adult needing better manners
- A senior dog looking for mental enrichment

...the 101 Pet Parenting Course provides valuable skills that improve communication, confidence, and quality of life.

Your Journey Starts Here

By the end of this course, you'll have the knowledge, confidence, and practical skills to continue building your dog's success for years to come.

Together, we'll create a dog who is calm, engaged, responsive, and ready for life's everyday adventures.

KC's Trainer Tip

Great dogs aren't born—they're built through consistent practice, clear communication, and positive experiences. Every lesson in this course is another step toward a stronger bond with your dog.
