



PERFECT DOG

TRAINING & COACHING PLAN

The perfect plan for the perfect dog.

PART ONE



The handbook for the students.



Made by Saro Dog Training

Smart dog owner

Being a responsible dog owner means learning to pick up your dog's often-subtle communication cues, as well as helping your dog to learn human communication signals through proper **handling**, **socialization**, and **training**.



The formula

**Foundation + ADFEN Formula* + Obedience +
on leash training = The Perfect Dog**

The formula to a great dog is very simple but it takes some time in order for it to be implemented. Because it takes some time for you to learn it and then practice it with your dog and for your dog to repeat it enough in order for it to become a learned behaviour.

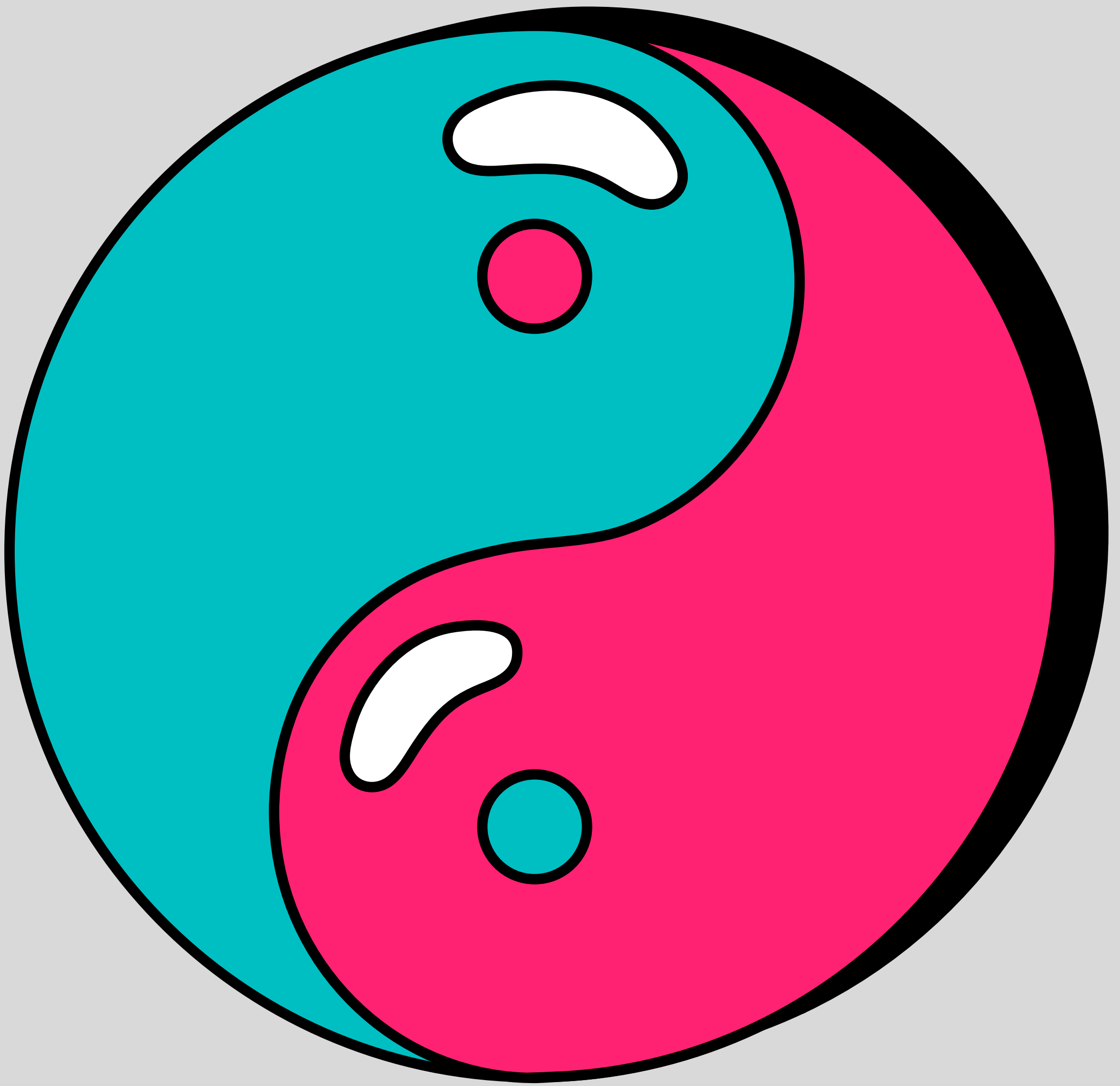
First, you need to build a foundation such as teaching the dog the rights and wrongs, positives and negatives, rewarding or correcting dogs using verbal and physical non-aversive corrections and methods.

The formula continues with understanding that training is not the only way to have a perfect dog. You need to understand that you also need to provide your dog's daily five essential needs. Your dog's daily five essential needs are; exercise training, socialization, care, and affection. Training is part of the formula.

Then you start building a solid obedience knowledge. This is part of the training. By building a solid obedience routine and obedience training you will get great results.

Next, we need to improve the leash manners so we can have control over our dogs using this simple tool, to improve the leash walks and use the leash to improve obedience.

So, the formula to the perfect dog is to implement all of the above ideas. It's simple but it takes time and I promise you, it will be fun.



How do dogs learn?

Dogs learn by associations.

Good vs. Bad

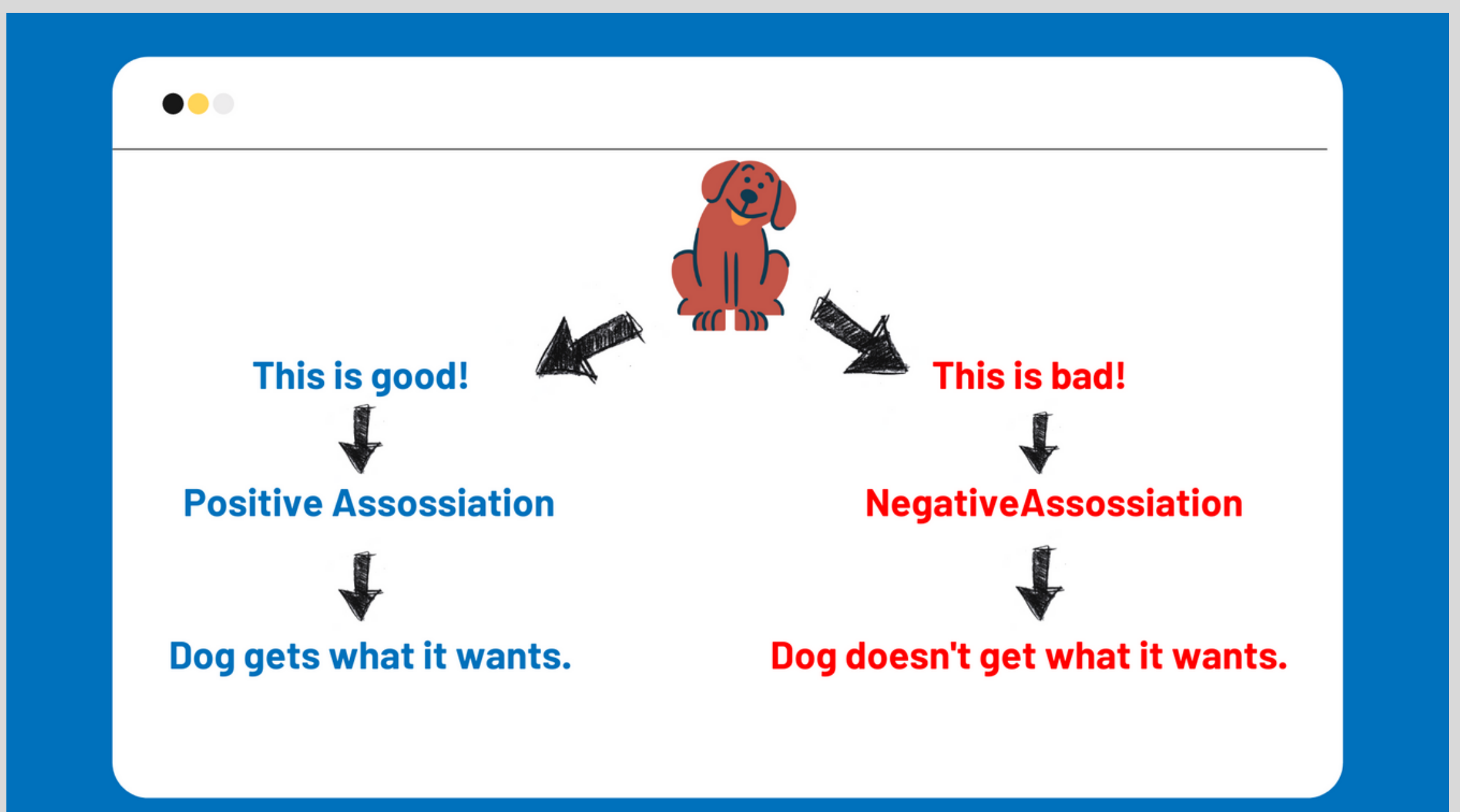
Just Like humans.

Watch the following video for more information.



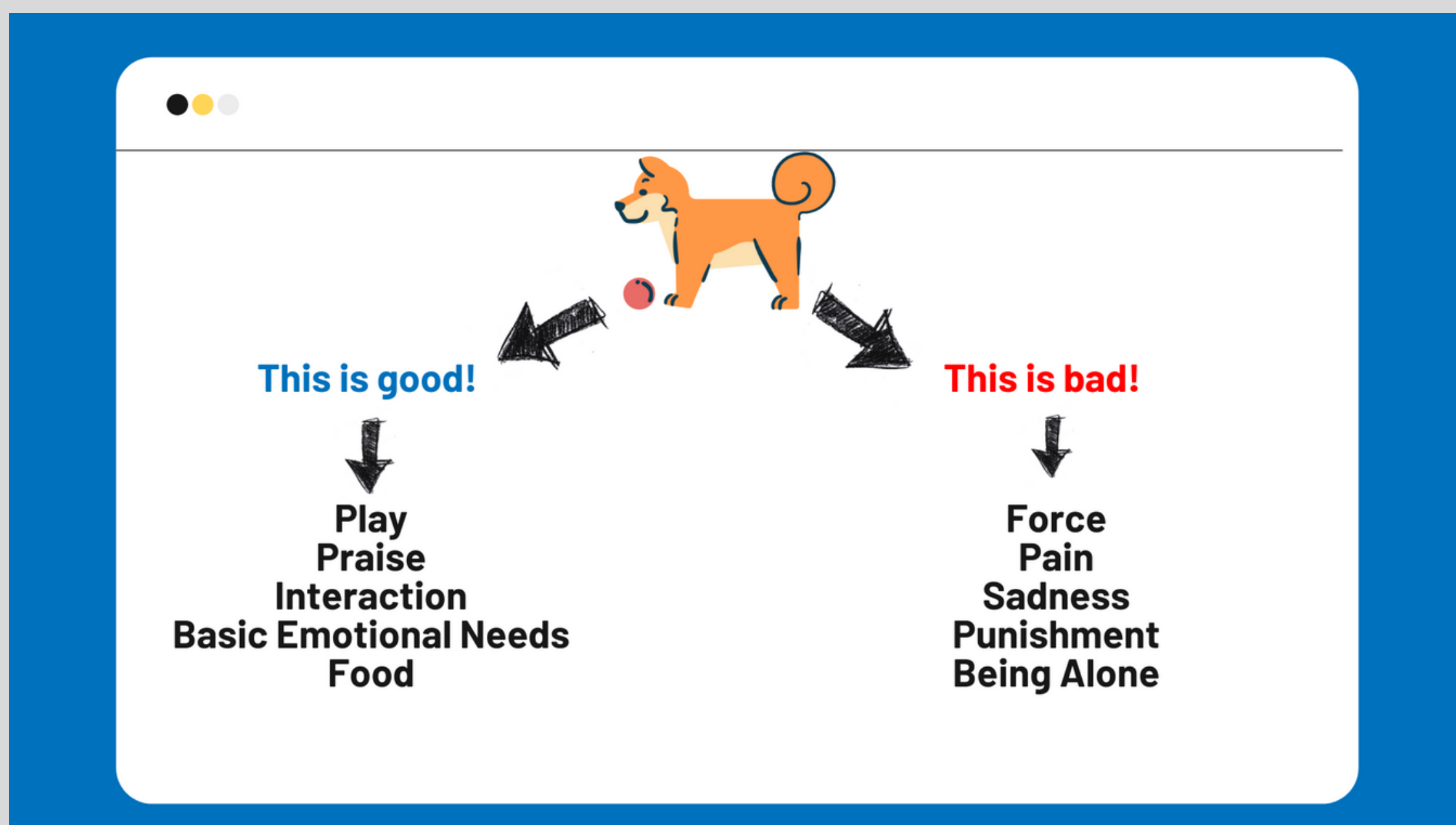
Dogs learn by associating good feelings with good experiences and bad feelings with bad experiences. Simple!

Just like you, they want to repeat behaviours that are experienced and learned by happy feelings and positive experiences.



Dogs can be in a positive state of mind or learn by being in a positive spirit when they are playing or being praised. Basically when they are interacting with their humans.

Dogs have been designed and bred by humans for humans. So, understanding this will help you to learn that all you have to do is just be a dog owner. Most of the work has been done simply by breeding and developing the breeds that we humans have developed.



How do we teach dogs the good and the bad?

The way dogs can associate a wanted or unwanted behaviour is to teach them the rights and the wrongs.

How do we reward or correct dogs?

By physically and verbally correcting or rewarding dogs, we can start teaching dogs that they are doing well or they are not doing well which will lead them to understand you better, learn faster and behave better.

The reality is that life is full of both negative and positive experiences for all animals and living things. You need to accept this and teach them to your dogs.

You can't only be positive or only negative to your dog. Most dog owners are only focused on offering positive experiences to their dogs, especially if they have adopted a rescue dog, just got a puppy, or even if they are first-time dog owners.

The reality is that dogs can't learn if they are only offered positive experiences. So, simply focus on providing both positive and negative experiences by providing or removing experiences that make dogs happy.

Physical & Verbal



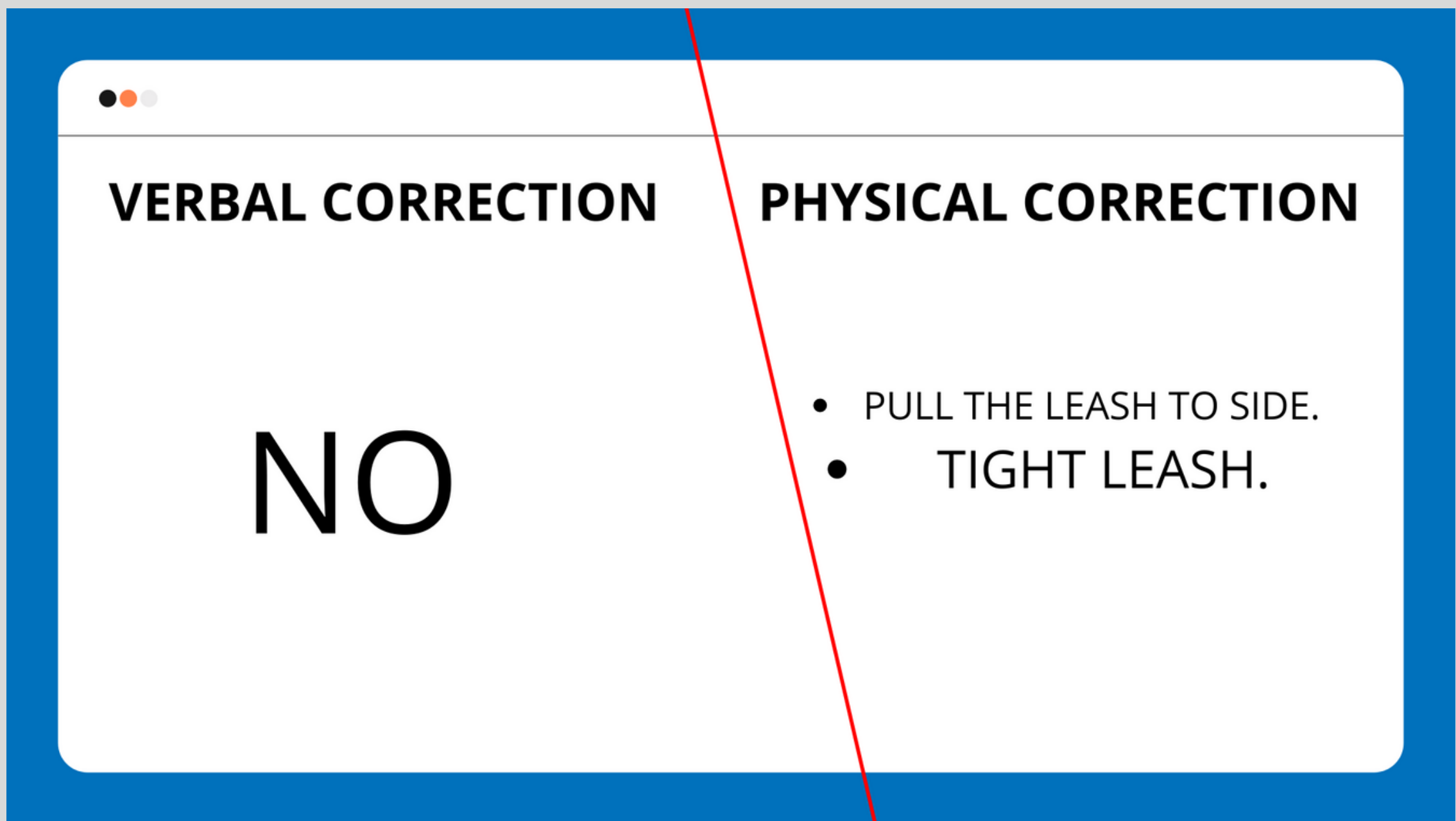
REWARD

Verbal Good Boy/Girl
Play
Praise
Give
Provide
Interact
Have Fun



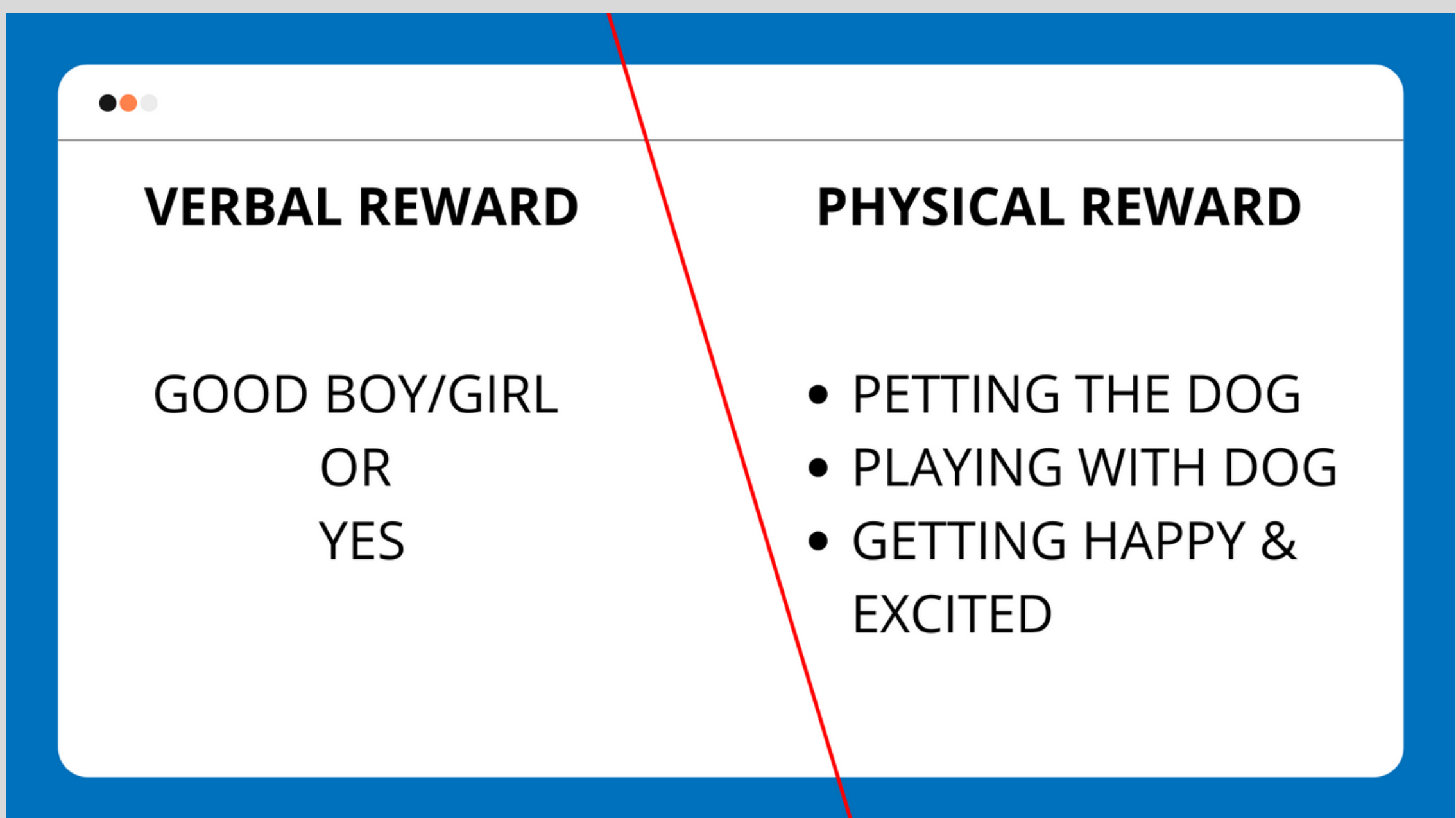
CORRECTION

Verbal Bad Boy/Girl
No Play
No Praise
Don't Give
Don't Provide
Don't Interact
No Fun



To correct or reward a dog, we use both verbal and physical cues.

I suggest trying not to be extreme when correcting or rewarding your dog. So don't yell or don't be a softy.



Understanding and providing your dog's daily five essential needs.

Dogs just like humans have needs but their needs are different from humans or yours.

You need to provide for your dog it's daily needs by knowing that dogs are simple animals. For instance, these are what a typical person's needs are:



You need; a car, coffee, your phone, home, exercise, a glass of wine, a party, money, doctor, friends, games...and many other things to have a good day.

But, a dogs' needs are only five things and they are not material and you need to commit to starting providing them for your dog on daily basis.

I AM COMMITTED TO PROVIDE MY
DOG'S

DAILY FIVE ESSENTIAL NEEDS!



Exercise

**PROVIDE DAILY, 2 TO 5
TIMES A DAY, 15 MINUTES
TO 30 MINUTES EACH.**

This is to stimulate my dog physically.



TRAINING

**PROVIDE DAILY, EACH
SESSION SHOULD BE 15 TO
30 MINUTES, 1 TO 3 TIMES A
DAY.**

This is to stimulate my dog mentally.



SOCIALIZATION

**PROVIDE DAILY WITH
EVERYTHING. INTRODUCE
ONE NEW THING TO YOUR
DOG EVERYDAY.**

This is to stimulate my dog socially.



CARE

**PROVIDE ON A DAILY /
WEEKLY/MONTHLY/ANNUAL
BASIS.**

**This is to make my dog feel great
internally and physically so can enjoy
life to the fullest.**

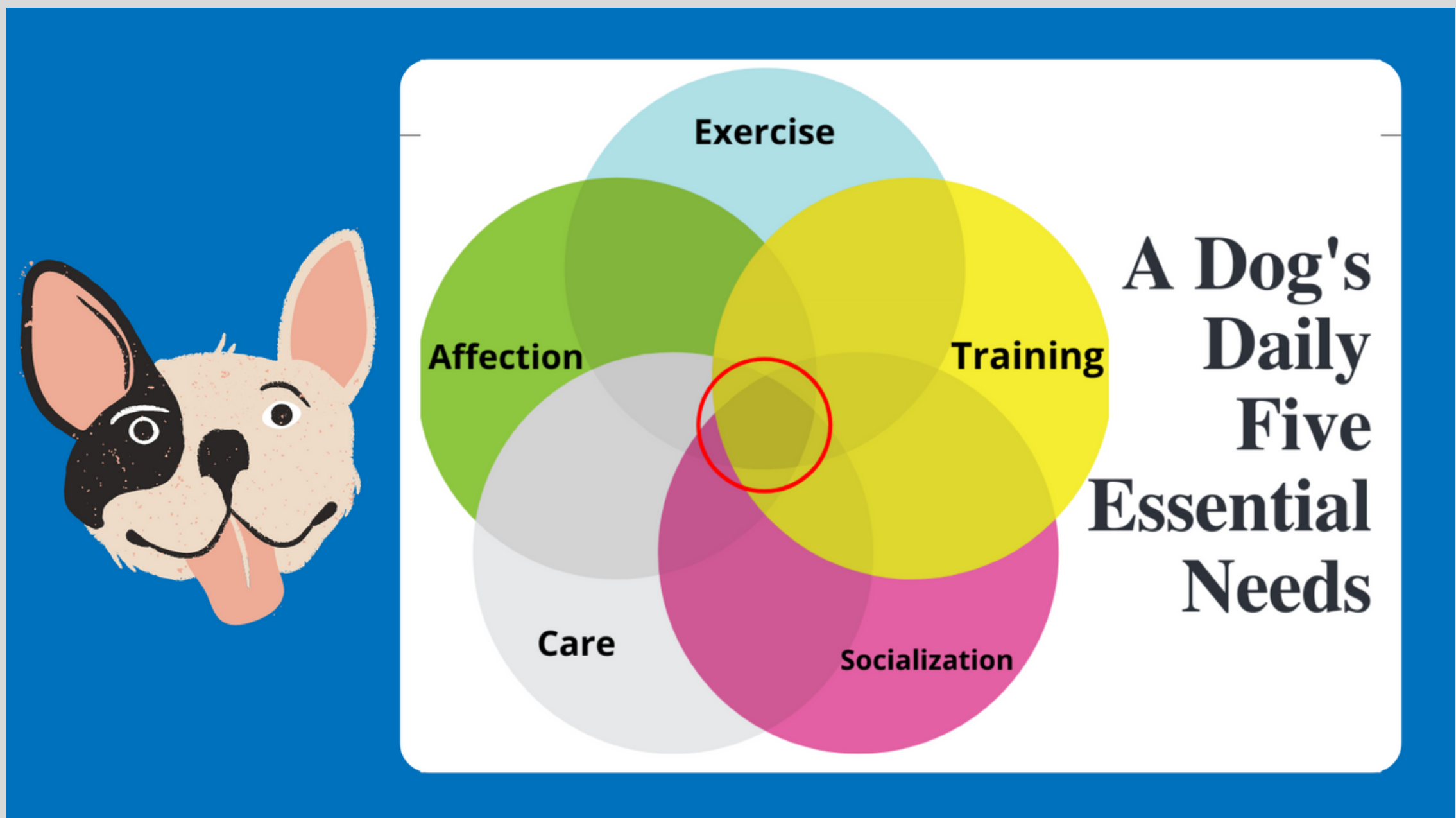


AFFECTION

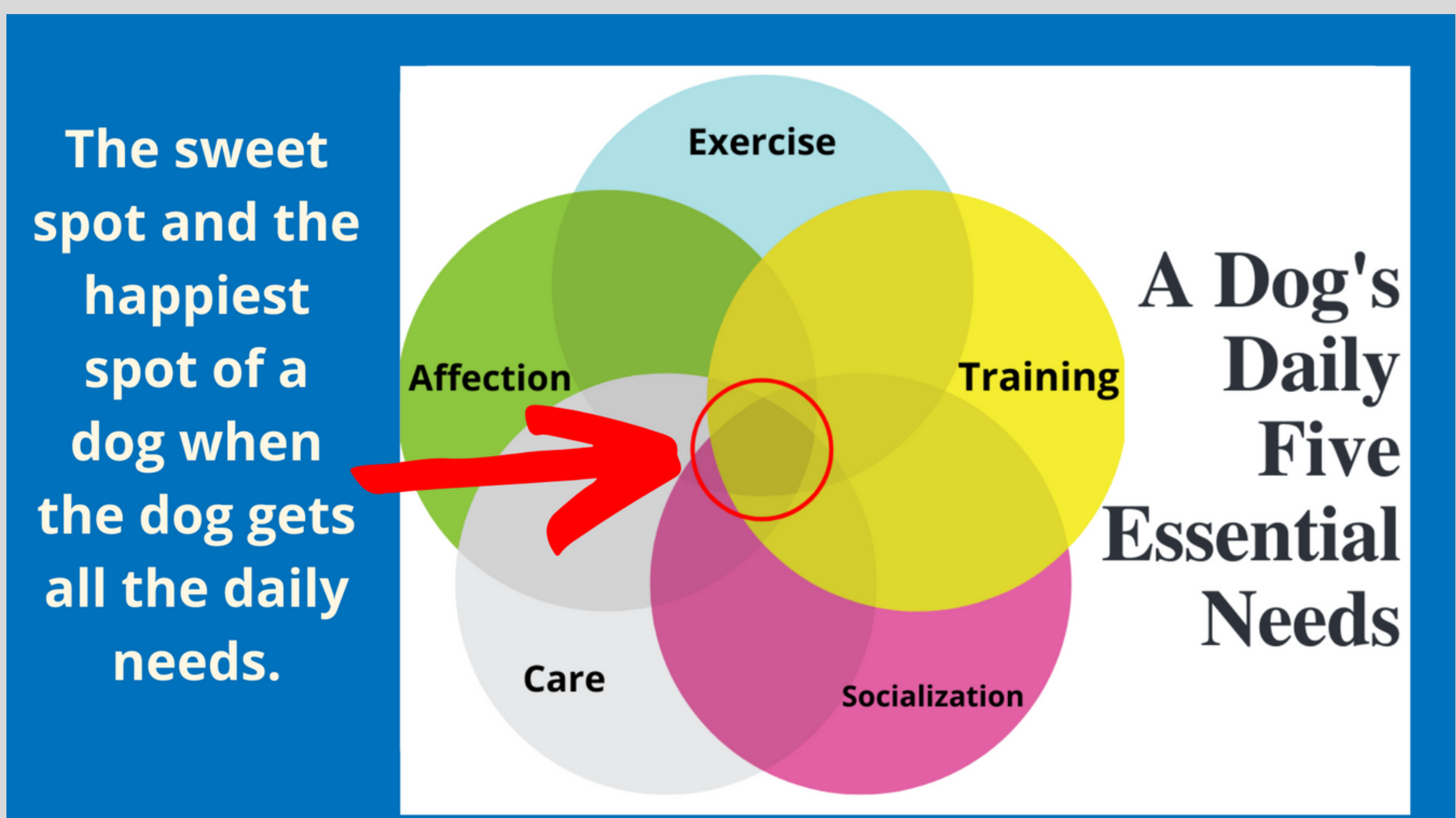
**USE AFFECTION AS A
REWARD AND AFTER ALL
OTHER NEEDS HAVE BEEN
PROVIDED.**

**This is an emotional stimulation for
both me and my dog.**

So, this graph explains how the 5 daily needs are interconnected. They empower one another and they feed of each other.



The perfect scenario happens when a dog gets all the daily five essential needs in good amount and form. So, if that happens, your dog would not have any behavioural issues and will be healthy, happy and well-behaved.



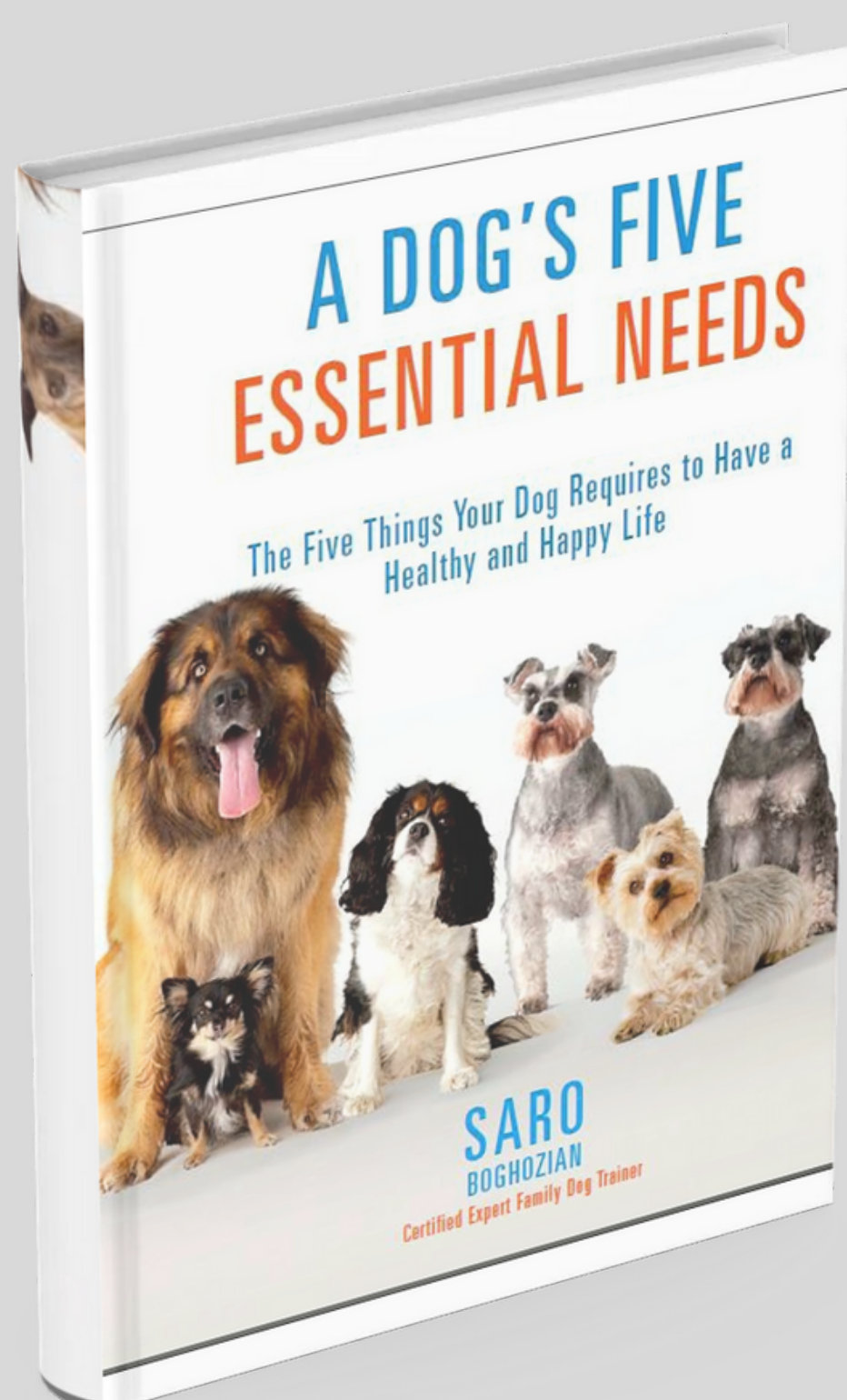


EXERCISE IS PHYSICAL STIMULATION.
TRAINING IS MENTAL STIMULATION.
SOCIALIZATION IS SOCIAL STIMULATION.
CARE IS PHYSIOLOGICAL STIMULATION.
AFFECTION IS EMOTIONAL STIMULATION.

Each one of the needs provides a different form of stimulation for dogs as well. Dogs need stimulation on daily basis. If their needs are provided and they have been stimulated, they are going to be very happy, healthy, and well-behaved.

We will dive into details regarding each need but you will also get a digital copy of my book "A Dog's Five Essential needs" as a gift.

You can read this book and learn more about your dog's needs.



So, here are some reminders:

- Be firm, positive, fair, and clear not soft or angry.
- Use affection as a reward.

Change your mindset from:

**I'VE GOT TO
TRAIN MY DOG.**

To:

**I GET TO
TRAIN MY DOG.**

**30% OF DAILY
ACTIVITIES SHOULD BE
PHYSICAL ACTIVITY.**

**70% OF DAILY ACTIVITY
SHOULD BE
MENTAL ACTIVITY.**

END OF PART ONE.

In part two we will be focusing on basic obedience training to start stimulating our dogs mentally.



SARO AND HARVEY