



# TRAIN THE HUMAN BEFORE YOU TRAIN THE DOG:

## owners preparation checklist

### 1. UNDERSTAND THE HUMAN FACTOR

- ✓ Recognize that training is 50% dog, 50% human.
- ✓ Owners are being trained to adopt new habits, not just the dog.
- ✓ Commit to consistency, patience, and clear communication.

### 2. BUILD CLARITY AND CONSISTENCY

- ✓ Deliver cues clearly and consistently.
- ✓ Reward desired behaviors promptly.
- ✓ Avoid mixed signals
- ✓ Practice emotional regulation

### 3. MANAGE STRESS AND EMOTIONS

- ✓ Learn to regulate your own emotional state before training.
- ✓ Stay calm and patient—dogs mirror human stress and anxiety.
- ✓ Create a supportive, low-stress environment for learning.

### 4. LEARN PROTOCOLS AND PREPARATION

- ✓ Study training processes and protocols before starting.
- ✓ Use positive reinforcement as the foundation.
- ✓ Master timing of rewards and corrections.
- ✓ Establish structured routines to guide the dog consistently.

### 5. STRENGTHEN THE HUMAN-DOG BOND

- ✓ Focus on building trust and respect.
- ✓ Reinforce with consistent routines & communication.
- ✓ Lead with reliability—humans must be dependable leaders.

### 6. SUMMARY REMINDER

- ✓ Training begins with the human first.
- ✓ Owner behavior sets the stage for canine success.
- ✓ Prepared, emotionally regulated, & consistent humans create confident, well-trained dogs.

Why Owner Behavior Shapes Canine Success