



Eye Contact Exercise

This exercise is the beginning of your dog asking you for your permission to do something.

This starts with a treat, then later, with continuous training, becomes them looking up for permission to eat their meal, looking up at you to go out the door to the garden, to run off and play with he's mates, in time your dog will look at you for your permission before he does anything.

During this exercise you do **not speak** to your dog at all

Hold a smelly tasty treat within your closed hand with your fingers facing the dog.

Place your closed hand in front of your dog's nose area allowing him to smell the treat.

Try not to crowd your dog, create a little distance between you and the dog.

Stand or kneel in front of your dog, this will make it easier for your dog to look up at you.

Keep your hand very still and continually look at your dog's face area. Not the eyes.

You Mark and release the treat to your dog as soon as he looks up and his eyes meet with yours.

Points to remember,

For large dogs you stand, for smaller dogs you may need to bend down to prevent them from jumping up.

Your dog may paw at your hand, sniff, lick, nibble, do not move your hand around and do not release the treat until he looks at your eyes.

If your dog bites your hand hard, remain quiet, remove your hand, place it behind your back then bring it back out and start again.

The first time your dog does this, it will take a while before he looks up at you. It will happen and when it does, mark, reward and repeat the exercise.

Remember, we mark then reward.

Happy training.