

PHD Activity Sheet // The 'Watch' Command

Getting your dog to make eye contact with you provides a firm foundation for dog training. It is essential that this connection be made to ensure your pet is receptive to what you have to say.



Step 1

Attention

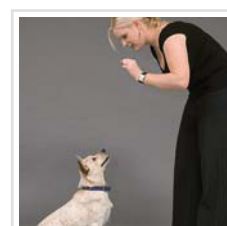
Get your dog's attention using a high value food reward. Hold it to your dog's nose and wait for him/her to realise you have food in your hand.



Step 2

Eyes

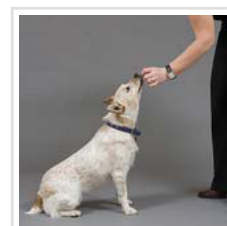
Slowly move the treat towards your eyes and say 'watch'.



Step 3

Bridge

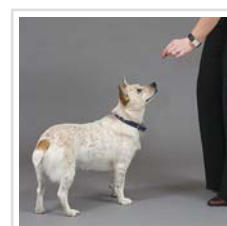
As soon as the dog has made eye contact and taken notice of you, bridge ('yes') and reward with the piece of food from your hand.



Step 4

Repeat

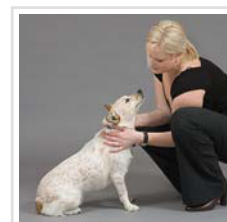
Repeat this several times until your dog is familiar with the cue.



Step 5

Without Food

Once your dog has grasped this activity using the food to catch his/her attention, try it without the food. As you move your hand towards your eyes, say 'watch'. If this is achieved, bridge ('yes') and reward. If not, start again.



The OPTIMUM® Pet Health Drive™ is a program designed to give you tailored information specific to your dog or cat's life stage or lifestyle. Log on and use the online tracker to see the 21 day difference in your pet when you feed them OPTIMUM® dry product.



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