

LOOKING TO YOU FOR GUIDANCE

“Watch Me” - Rewarding for Eye Contact



ATTENTION TO THE HANDLER: To build trust with our dogs, we need to help them become comfortable with looking to us for guidance. Once we have their focus, we are able expand on that to be able to ask for other behaviors.

To teach this behavior (and make ourselves look like shining stars in our dog’s eyes):

- Drop a treat near your dog’s paw
- When they finish eating and raise their head to look at you (perhaps for another treat), Click, then drop the treat between their paws.
- Repeat for about 10 click-treats, several times a day
- For a video example of this exercise, please watch [VIDEO: “Watch Me Game”](#)
- When your dog is starting to reliably offer this behavior (meaning they are looking up toward your face comfortably and often), you can add a cue, such as “Watch me.”
- Say the cue, when they look toward you, click and treat.



Trainer Tip: Handlers can practice this during TV commercial breaks or with their breakfast and dinner; it doesn’t have to be set up as a “formal” training session. A little here and there will go a long way.

Attention around distractions is the foundation of a good training program. No matter what cues you teach your dog, if your dog can't focus on you in the presence of other dogs or people, you aren't likely to get good behavior. Use these exercises to build attention using clicker training and positive reinforcement.

HERE ARE SOME MORE WAYS TO WORK ON TEACHING EYE CONTACT AND ATTENTION TO YOU

[ARTICLE: The Eyes Have It: How To Get Your Dog To Look At You And Why It’s Such A Valuable Exercise](#)