Look At Me



The "Look at Me" game is a fantastic way to get your French Bulldog focused on you, making it a perfect foundation for training and real-life scenarios.

Whether you're out on a walk or dealing with distractions, this game teaches your Frenchie to check in with you —a powerful skill when you want to keep their attention.

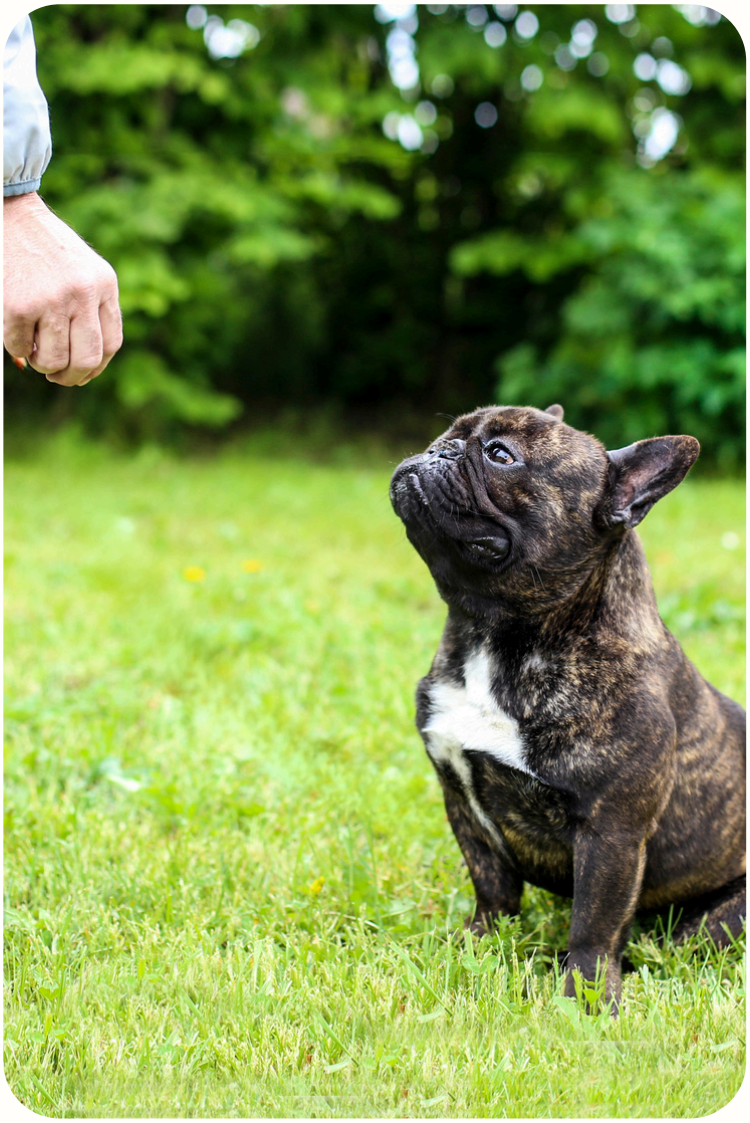
Step 1: Start in a Quiet Area

Begin in a calm, distraction-free environment like your living room or garden. You want your dog to easily succeed at first, so they can quickly grasp the idea of the game.

Step 2: Grab Your Dog's Attention

With a treat in hand, get your Frenchie's attention by calling their name. As soon as they look at you, say or perform your marker and reward them with a treat.

Step 3: Repeat and Reward
After a few repetitions, wait for your dog to look at you without calling their name. Be patient! The moment they make eye contact, mark it and reward.



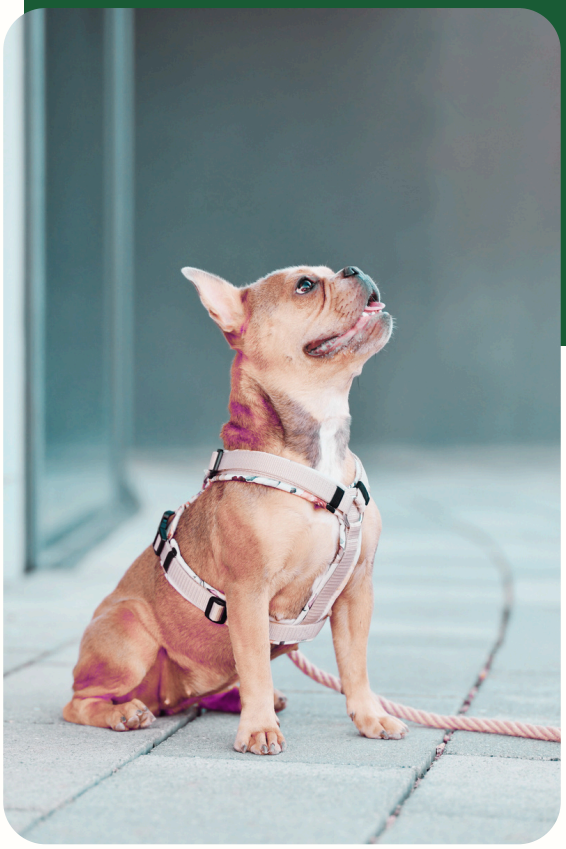
Step 4: Increase the Challenge
Gradually introduce distractions. Start by practicing in different areas of your house, then try the garden, and eventually work your way to more stimulating environments, like a park or during a walk.

Step 5: Add a Verbal Cue
Once your Frenchie is consistently looking at you, add a cue like “Look at me” or simply “Focus.” Say the cue before your dog looks at you and then mark and reward when they make eye contact.

Step 6: Practice, Practice, Practice!
Keep practicing in various locations and situations. Reward frequently at first, and as your dog gets better, you can start reducing the treats and offering praise instead.

Supercharge Your "Look at Me"

- **Be Patient:** Don't rush your Frenchie to make eye contact — let them figure it out! The moment they do, make it super rewarding.
- **Vary Your Rewards:** Use high-value treats in distracting environments to keep your French Bulldog's focus sharp. You can even mix in a toy or play as a reward.
- **Start Small:** Don't expect your dog to focus immediately in highly distracting places. Build up gradually by practicing in easy environments first.
- **Keep Sessions Short:** Play for just a few minutes at a time to keep your Frenchie engaged and enthusiastic.



- **Use Body Language:** Lean slightly forward or make a small movement to encourage your dog to look at you if they're struggling.

This game is not just fun—it's a powerful tool to build focus and responsiveness in your dog. Keep practicing, and soon your French Bulldog will be making eye contact with you, no matter where you are!