

## Why It's Important for Dogs to Follow Commands Before Eating

**Domestication means that dogs don't have to hunt for food but they still have to work for food.**

*Cesar Millan*

In the animal world, waiting is a part of who they are. Dogs have to wait to eat they don't just get a meal by Federal Express.

Domestication means that dogs don't have to hunt for food but they still have to work for food. When they're little, puppies work for food by waiting for their mom. This is a form of exercise psychological exercise, and its very important for a healthy state of mind.

I feed many dogs at the same time with no problems. Dogs that show calm, submissive energy get to eat first.

I won't feed dogs that show negative behaviors such as aggression or nervousness. I wait until these dogs project calm and submissive energy before they get fed, much like their mom or pack leader would do.

Work for Food Before my dogs eat I take them for a walk. In this way I ask my dogs to work for food and water. This is a form of waiting, which is psychological exercise that helps nurture a balanced, happy dog.

Your morning routine every morning, not just some of the time should go like this: Project calm, assertive energy before you give your dog affection. Then walk your dog to exercise his body and allow him to explore the world. When you get home, prepare his food. While you fill the bowl, ask your dog to sit. If he sits quietly and projects calm, submissive energy with no negative behaviors, place the bowl of food in front of him.

Some of my clients think this routine sounds rigid. But from your dogs perspective, its how Nature always intended him to live.

Next step: Common Feeding Mistakes

Get more tips from Cesar.

Note: Cesar Millan is a professional. Please consult a qualified trainer before attempting these techniques with your dog.

For more information, visit Cesar Millans Dog Psychology Center where the express purpose is to rehabilitate and maintain a dogs natural state of being.