



JUMPING

Jumping can be one of the most difficult and frustrating behaviors to correct in a dog. This behavior always gets worse before it gets better. Keep that in mind as you work on this behavior.

Why do dogs jump?

The main two reasons why your dogs jump on you are because they are excited or are seeking your attention and are rewarded by your reactions. Also, Dogs greet each other nose-to-nose and want to do the same with us. Since our noses are not at their level, they jump up to reach them.

General tips for correcting this behavior:

When you come home, make sure you aren't acting super excited and making a big deal of seeing your dogs. When you show them it's a reason for excitement every time they see you, they learn that the jumping, excited reaction is normal and expected.

Pushing, yelling at or hitting a dog does not work, but instead gives your dog the attention they were seeking. *To dogs, there are 3 major forms of attention which come in the forms of verbal attention (even if you're saying "no", it's still attention), Physical attention (Pushing your dog away is still physical contact they crave) and Eye contact (even when you're giving them an angry stare, it's still attention).* Teach your dog that he gets no attention if he's jumping on you or on anyone else by ignoring her until she stops.

Teach your dog to do something that is incompatible with jumping up, such as sitting. He can't sit and jump up at the same time. If he's not sitting, he gets no attention.

What to do when your dog...

Jumps on other people:

- Ask a family member or friend to assist with training. Your assistant **MUST** be someone your dog likes and wants to greet. Your dog should never be forced to greet someone who scares him.
- Give your dog the "sit" command.
- The greeter approaches you and your dog. If your dog stands up, the greeter immediately turns and walks away
- Ask your dog to "sit," and have the greeter approach again.
- Keep repeating until your dog remains seated as the greeter approaches.
- If your dog does remain seated, the greeter can give your dog a treat as a reward.
- When you encounter someone while out walking your dog, you must manage the situation and train your dog at the same time.

Stop the person from approaching by telling him you don't want your dog to jump on him.

- Hand the person a treat.
- Ask your dog to "sit."
- Tell the person he can pet your dog and give him the treat as long as your dog remains seated.

Some people will tell you they don't mind if your dog jumps on them, especially if your dog is small and fluffy or a puppy. But you should mind. **Remember you need to be consistent in training. If you don't want your**

dog to jump on people, stick to your training and don't make exceptions. An easy way to help people understand is to let them know that you're trying to teach your dog manners and **do not allow them to pet your dog unless the dog is sitting.**

Jumps on you when you come in the door:

- Keep greetings quiet and low-key.
- If your dog jumps on you, ignore him. Turn and go out the door.
- Try again. You may have to come in and go out dozens of times before your dog learns he only gets your attention when he keeps all four feet on the floor.
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Jumps on you when you're sitting:

If you are sitting and your dog jumps up on you, stand up. Don't talk to your dog or push him away. **Just ignore him until all four feet are on the ground.**