



## No More Jumping

### **Why dogs Jump:**

Dogs learn to jump when they realize that our eyes, face and hands (the things that give them the attention they want) are up high on our bodies. If you watch dogs' natural behavior (in the wild) they actually rarely jump to greet each other. In fact, they often do the opposite and crouch down for greetings. Teaching your dog not to jump is simple if you take away the attention that your dog craves and only give it back when your dog is sitting or not jumping. Remember touch is reward!!

### **Do these exercises:**

“Off” for Greeting – Whenever your puppy jumps up, remove all attention (since this is what he/she is seeking). Turn your back, hands up and away from dog and do not look at them! The second all four of your dog's paws are on the floor turn around and greet them while saying “Good Off”. If the dog jumps up again, turn back around and take away all attention. Remember to only say the word “Off” when they are physically in an off position (all four paws on floor). Avoid saying it while they are jumping, right now they do not know what the word means! As they learn the word you can start applying it to when they are jumping.

Sit for Greeting-With a friend or family member get your puppy to sit and have someone with a treat come near. (Be sure the puppy knows the person has a treat.)

As soon as your puppy gets up to say, HI...the approaching person should quickly turn and walk away, (removing the rewards – attention and treats). Each and every time the dog's hind end lifts off the floor turn quickly and walk away (just a few steps). When you see the dog's hind end hit the floor again turn back and try to get close...all the while watching to see if his hind end lifts and removing yourself if it does. The goal is to get closer and closer without the dog getting up. Praise with a ‘YES’ when you can approach and pat your puppy while his / her hind end stays on the floor.

Remember to pat your dog as they are seeking both ATTENTION and the treat.

Step on the leash – Standing close to your dog, let the leash loop down from their collar to the floor and then up to your hand. Step on your leash right where it hits the floor giving them just enough room to sit comfortably, and give a treat every time s/he sits or simply doesn't jump, even if just for a second. When your dog goes to jump, the leash will pull put pressure on their collar and encourage him/her down slightly making it hard to physically jump. You don't have to be the bad guy! Quickly, they will give up and you should be ready with a treat and a greeting (done the way YOU like it).

Tell people you are in training – Often strangers think it is cute when a puppy comes over and says, ‘Hi’ by jumping up. Let them know that you are in training and ask them to wait to pet your dog until s/he sits. You can also try putting a sticky note on your door

that simply says “Dog in training, please do not pay attention when jumping!” Or simply give your visitors a call before they come over to tell them what you want them to do. If you have unexpected visitors (especially children) it is a good idea to keep your dog’s leash on so that you can step on it for your visitor. It’s much easier to step on the leash than try to catch the dog. Also remember that touch is reward, even if it’s your hand pulling your dog’s collar back towards you.

### **Returning Home:**

When you come home from work, do you immediately give your dog attention when they are all excited to see you? Yes, it’s flattering to see how happy you make your dog, but it is unnecessary for them to demand your attention. This behavior can create separation anxiety. Think about it: Your dog is home all day, its boring, he/she is waiting for your return. Suddenly when you come home, it’s a party! Why wouldn’t they be anxious for your return? In order to show your leadership you must decide WHEN you give attention to your dog. For example: Come home giving no eye contact, don’t even say anything to your dog, put your coat away, put your keys down, maybe go sit down and watch TV for a few minutes... When your dog is CALM and not paying attention to you, invite him/her over on your terms to say hello.

Practicing this ignoring behavior will also help with over excitement when you have company over. You may be the cause of your dog being overexcited. Think about it: whenever you come through the door, you immediately “say hello”. This teaches the dog that ANYONE coming through the door is there to see them. But if you make your entrance boring, they will learn that all people coming through the door are boring and are not there to see them!