

# Jumping Up

Dogs naturally greet people by jumping up on them but this is an unacceptable, and often times, dangerous behavior. You must teach your dog to sit whenever he greets you or other people. One thing to remember is that jumping up persists because the dog is usually reinforced for doing it. When you give your dog any kind of attention for jumping on you, even negative attention (yelling at him, pushing him off, or even kneeing him in the chest) the behavior will continue. So the best way to stop a dog from jumping up is to remove the reinforcement - your attention.

## Jumping on you

Any time your dog jumps on you - turn and walk away without saying a word. If you are sitting, simply stand up, shrugging him off in the process, and walk away. Your dog will learn that jumping on you chases you away regardless of the situation.

## Jumping up on people entering the house

When you enter the house and your dog jumps up on you, turn right around and go back outside. Wait a moment and then re-enter. If the dog jumps up again, leave again. Repeat this process until the dog chooses another strategy, like sitting, when you enter. The dog will learn that when he jumps up on you as you enter, you leave, but if he sits you give him the attention he wants (and a yummy food treat). Repeat the exercise often until your dog learns to sit every time you enter the house. Practice at each door. Have every member of the family and then some visiting friends practice as well. We want the dog to learn that he must sit to greet all people entering the house.

## Jumping up on approaching people

One person should have the dog on lead while another approaches. If the dog starts to jump up on the approaching person, he/she should turn around and walk away. Repeat this over and over until the dog remains standing or sits, at which time the approaching person will praise the dog and give him a treat. Repeat this with as many different people approaching as you can, so that the dog learns that he must sit to greet all people.

If you are using a marker signal like a clicker - CLICK when the dog chooses the correct behavior (not jumping) as you enter the house or approach the dog.

## Leash management

If you do not want to ask the approaching person to walk away when your dog jumps up you need to manage her so that she can't do it. The most effective way to do this is to step on her leash right before they approach. Find the place on the leash where if you step on it your dog can still sit comfortably but will be prevented from jumping up. Then mark that spot with a piece of tape or sharpie marker. When someone is approaching simply step on the mark. This will help your dog learn not to jump.

This technique can also be used when visitors enter your home.

## Impulse Control Exercise for Jumping

Ask the dog to sit. When he is sitting in front of you hold a small treat about a foot over his head. Entice him to jump up for it by wiggling it around.

If he jumps up to get the food - use a 'no rewards mark' ("et et" or "oops") and pull the treat away.

If he holds the sit - click and give the treat.

Increase the amount of time he must sit patiently before you click and deliver the treat.