

ANTI-JUMP TRAINING

Bringing your new dog home is an exciting time for both you and your dog. They will be meeting new people, seeing new places and experiencing new activities which can all trigger enthusiasm and excitement. Jumping up is a common behavior when dogs are excited, eager to greet you, and for dogs who may lack self-control or training. To help your new dog be more mannerly you'll need to teach them good behaviors so they know what to do and what not to do. If your dog is jumping on you or others, first try to identify the triggers that elicit unwanted jumping such as:

- Greetings after being separated
- Playtime with you or a favorite toy
- Meeting visitors or strangers
- Seeing another dog

Management

Start by preventing and managing your dog's opportunities to jump on you or others. Keep a leash or "drag line" handy or attached to your dog at all times during the initial stages of training. You can step on the line as needed to prevent or stop jumping at any time.

- Confine or leash your dog when you anticipate an event or action that might elicit jumping up, such as meeting visitors/new people in your home or on the street.
- Your dog must learn to earn all their favorite things including food, toys, and even your attention with a sit or down. This helps teach your dog self-control and reinforces good behaviors.

Training

Ignore your dog's jumping behavior. All attention and fun activities stop the moment jumping starts. Remember your attention is a reward! Whenever your dog jumps on you, immediately turn away and present your back: no eye contact, touching or talking unless your dog has four paws on the floor. Once your dog has calmed down, turn and praise them in a soft voice. Repeat the sequence if jumping resumes. If your voice or touch results in more excitement, take it down a notch! A calm demeanor helps calm your dog.

If the jumping behavior persists, keep a leash or drag line attached to your dog and step on the line so they can comfortably stand or sit but not jump when the excitement level ramps up. Then it's time to start training! Your dog does not instinctively know that jumping is unacceptable, so it's up to you to teach them that. Remember that most dogs love to please. Rather than telling them what not to do by scolding or punishing, teach them the behaviors and manners they need to be polite canine citizens and family members.

Here are two exercises to teach your dog to sit rather than jump-up when greeting people:

- **Sit to say hello.** To prevent your dog from jumping up during greetings, leash them up. When you see someone approaching, immediately ask your dog to sit then praise and treat if they respond. If the person is in fact coming to meet you and your dog, ask them to hold on for a moment and slide the leash under your foot to prevent any jumping. Once your dog is sitting with the leash under your foot, let your dog know it's acceptable for them to say hello. Your dog may continue to sit or stand up to say hello but standing on the leash will prevent them from jumping.
- **Be a post.** Once your dog is getting the hang of greeting politely while you prevent jumping, you can begin to teach them to greet people politely with a loose leash. For this exercise you will need a friend or family member to help you. Clip your leash on the dog and pick a spot to stand, and then don't move. (True to the name of this exercise, stand still like a post and hold steady on the leash. It may help to secure both hands on the leash and hold your hands firmly at your waist.) Instruct your guest to approach but stop just out of the dog's reach. Command your dog to sit once; if the dog sits, the person can step forward and pet the dog. (If the dog does not sit on cue, or at any point jumps up or begins barking at the visitor, have the person calmly turn and walk a few steps away. After a few seconds, they can return and try again.)

Tips

You can practice the above exercises on your own by tethering your dog to an actual post or even a door knob. Ask for a sit and only step toward your dog when they politely sit. Ignore and back up or turn away in response to all other behaviors.

Take it even one step further and rather than cue your dog to sit, simply stand still and silently wait for an auto-sit. Your dog will begin to understand that they only get the reward when they sit. No need to treat — the greeting is reward enough!

Be sure to quickly stop any activity the moment your dog jumps. If they are playing, then the play stops. If they jump in anticipation of a walk, the leash disappears, and so on. Calmly reward good behaviors with treats and/or praise. The moment your dog jumps, stop all rewards, be they attention, treats or favorite activities.

Try to offer lots of physical and mental exercise such as walking, training time and structured playtime. A tired dog is much less likely to jump.

Reward Removal

Reward removal is a negative reinforcement trick. If your dog tries to jump on you, turn and walk away for a few seconds. If this doesn't work, give your dog a time-out in their crate or behind a gate — anywhere they can't access you. The time-out doesn't have to be very long — just a minute or two — but be sure to respond within a few seconds of the undesired behavior occurring. The point of reward removal is to get your dog to understand that when they misbehave, they won't get their reward, be it a tasty treat or time with you.



Jumping When You Return Home

If your dog tries to jump on you when you return home, immediately go back outside and close the door behind you. After a few seconds, try again. Keep doing this until your dog stops jumping on you.