

## REDUCING JUMPING GUIDE

### Why dogs jump.

Dogs jump up to say hello! They are being friendly and quite simply don't know how humans prefer to be greeted, and it never occurs to them that they might knock us over or ruin our clothes. Thankfully, consistent anti-jump training can quickly solve the problem for good.



### Management

Managing our dogs and their environment means that we are not allowing the behavior to be repeated. It is the simplest way to ensure that our dogs are not continuing to get rewarded for the behaviors we would like less of. A key point to understand is that management is part of training where as it is a support system to the new preferred behaviors you are teaching your dog.

Management is a wonderful tool to utilize when you are not actively training at that moment due to the situation being too difficult for your dog, not having willing participants or you are simply not up for it.

- Keep your dog on leash or behind a baby gate when guests come to your home to enable you to easily restrict his ability to say hello.
- Step on the leash at a length that does not enable him to jump.



### Training

With training we have two techniques to utilize to teach our dogs that jumping no longer works to get attention via time-outs by removing them from what they want (us) and by rewarding them for the behavior we prefer (sitting).

#### 1. Anti-jump training when you arrive home.

- Open the door a teeny bit. If your dog jumps up, close the door.
- Repeat until you can step through the door without your dog jumping up.
- If he jumps on you, turn away. If he keeps jumping, go back outside and start again.
- Whenever your dog keeps four paws on the floor, praise and pet him.



#### 2. Anti-jump training inside your house.

- When greeting your dog, if he starts to get amped up and ready to jump giving an "easy" warning cue to communicate if he continues on the amped up path that leads to jumping that he will earn a time out (t/o) from your attention.
- When your dog jumps on you, say "too bad" (your t/o cue), remove yourself or guide him to a t/o area.
  - See 'Levels of Time-Out' tip below.
- When he stops jumping, turn around to face him to give attention.
- If he jumps again, repeat steps until he stops jumping.
- The point is not that he is being bad, but that he is losing the opportunity to play with you when he jumps.)



### 3. Anti-jump training when visitors come to your house.

- When someone comes to the house, put your dog on leash before you open the door.
- Open the door and invite the visitor in. As your dog begins to get excited say “easy”... If your dog jumps up, tell him, “Too bad” and walk him away from the visitor. Once he calms down, let him try again.
- Leave the leash on your dog during the visit. You don’t have to hold it the entire time, but if at any point during the visit your dog jumps up on your visitor, tell your dog “too bad”, grab the leash, and walk him away.
- Remember to praise and reward him with pets and attention when he keeps four paws on the floor.



### 4. Anti-jump training when you meet people on the street.

- As soon your dog gets excited/amped up, say “easy”. As your dog's feet begin to leave the ground, tell him, “Too bad” and walk a few feet away. When he settles, try again—if the person is willing.
  - In most cases, management mode with stepping on the leash is the go to as many folks will say “That’s okay, I love dogs!” and then your pup gets to rehearse the jumping!

### 5. Sit to Greet Training (an alternative behavior to jumping)

This is a great way to teach your dog a behavior that opposite from jumping up. Teach your dog a sit and sit-stay with distractions and lots of different situations. Working on the sit-stay foundations, sit-stay anti-jump and sit-stay for patting accompanied with tight management will with time and practice, make for even more polite greetings as your dog will automatically sit when he wants to greet people.

- See separate guides for sit-stays.



**Training Tip:** The key to anti-jump training is consistency and leg work! If you do not have the time or energy to practice, pull out your management card and do not allow people to approach your dog to say hello. And IF you like ‘some love’ via jumping from your pup, put it on cue so he knows when it is legal!

**Troubleshooting:** Be patient. It might get worse before it gets better. If your dog has used jumping as his main way to say hello, it will take a little while for him to learn new ways.

**Levels of time-outs are just like the value of fines;** they go up if the behavior continues. And even more efficient, though expensive on our side due to the heavy lifting up front is implementing the “one strike and your out” rule to really get the message across!

Mild Fine: \$5 – You turning around.

Moderate Fine: \$25 – You turning around **and** walking away.

Severe Fine: \$100 – You turning around **and** walking away **and** closing the door behind you.

