



## Jumping up

Jumping up on guests and people that want to say hello to your dog is a very common behavior for most dogs. The reason that dogs jump is that they get over-excited, and it works. They want people to talk to them, touch them, or interact with them in some way, and when they jump up you look at them, talk to them, and typically push them down so they got the physical touch as well. So how do you get it to stop? There is more than one answer to this question, and there are multiple ways to teach this and scenarios you can set up for your dog to learn to calmly say hello to guests. The one thing that all the answers have in common, though, is consistency.

The rule for jumping dogs is they get no attention unless there are four paws on the floor. Anytime those front paws come off the floor the attention stops, every time.

For the typical dog here are some training setups that will help your dog learn to say hello to someone without jumping.



### Turn and walk away-

You will hold the leash connected to your dog, and as the person that is going to say hello approaches your dog, do not pull back or yank on the leash to correct them. Decide how much leash you would like to give your dog and hold the leash to your stomach or hip to eliminate the possibility of pulling back. For large dogs you can loop your thumb in your pants pocket for more stability.

The person approaching will be calm, quiet, and keep their eyes on the the dog's front feet. If the front feet leave the floor, the person will turn their back and walk away. Doing this over and over, the dog will learn that when they jump the person leaves. Most dogs desperately want to greet new people and will start trying to problem solve on how to get the person closer. You will see the dog making an effort to keep all four paws on the floor. Once this happens the person approaching can mark with a "yes" and toss a treat to the dog. Have the person approaching continue to mark and toss treats as they get closer.

Once they are within reach of the dog, it is a good idea to lower the food for the dog to nibble on while they pet the dog. The dog will be continuously eating while they are being petted, which helps to keep them focused on the food and not getting overexcited. Over time you will do the same scenario, but you will feed on and off as the dog learns to contain their excitement. Eventually, the feeding while petting will be weaned out and your dog can be calmer while being petted.

This training needs to be done in different areas like pet stores, parks, the yard, the sidewalk, training classes, and with different types of people like men, men with hats, women, and children for this to be successful. The key to this training is finding the right people to interact with your dog. If the person cannot contain their excitement and approaches your dog with high energy saying "omg he's sooo cute! It's ok I don't mind if he jumps" they are not going to help your dog learn to be calm saying hello.



### **Inside your home-**

Get a small bar soap holder with suction cups on the back to put on your front door, this can hold little bags of treats that your guests can grab when they arrive. Have your dog leashed when your guests arrive, and once they get in the door they can toss treats a few feet away from them to your dog. If this is consistent your dog will be rewarded away from your guests and will stay near where the food keeps appearing. You can then use the above exercise to continue to let your guests pet your dog.

### **What if they don't want to help me train?**

If people are stopping over quickly or do not want to participate in this, you can keep your dog leashed to eliminate the possibility for them to jump, or you can put them in their crate. Whatever behavior your dog practices they will get better at. So if they are only allowed to greet people when they don't have the opportunity to jump, they will get better at not jumping. However, if they are greeting most people with jumping and over-excitement, and you only work on it occasionally, your results will not be as good.

### **Dogs that are unsure of people or struggle with very high excitement-**

For some dogs, greeting people isn't as fun as it is to other dogs, it can be stressful. Most people meet a dog they don't know, lean over them, and touch the top of their head. This can make some dogs uncomfortable. For fearful or unsure dogs that are not a bite risk, encourage your guests to turn to the side, have their shoulder facing the dog, and lower their body, whether they sit down or take a knee. This will allow the dog to come up and sniff your guests. Tell your guests NOT to offer their hand for the dog to smell, dogs have much stronger noses than we do and do not need to sniff your hand. As the dog sniffs and investigates your guests encourage them to not make eye contact with the dog, or reach out to pet them even if the dog comes close. Unsure dogs can be startled or offended by the reach towards them. If/when your guests do pet your dog, tell them to pet their shoulder/chest area or under their chin.

Dogs that cannot stay calm enough to be petted, first need to learn to just be next to someone calmly. You can practice standing and talking to people while your dog learns to stay calm. This can be hard for them at first. Mark and reward any calm behavior you see, you can then move to sitting and talking to people calmly. The goal here is that the dog learns they don't get to say hello to everyone, and they have to learn how to settle around people.

### **Tips and Tricks**

- Be picky about who gets to pet your dog, make sure that each interaction is calm and productive towards your goal
- Children should always be supervised with dogs
- Don't be in a rush during training
- Practice this in many different places with many different people
- Looking at your dog and saying "no" while pushing them down contradicts teaching them not to jump
- If you know your dog is going to jump keep them leashed and don't let them say hello