



POLITE GREETINGS

Jumping up on people is a very common, often frustrating and annoying behavior. We're here to help you deal with it effectively!

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WHY DO DOGS JUMP?

The short answer: *it's fun and rewarding!* And it often gets the attention they seek. Many people unintentionally teach and/or reward this behavior by encouraging it, or by petting, talking or otherwise paying attention to them when they jump.

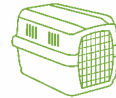
However, large dogs can inadvertently knock a person over with an exuberant greeting, and smaller dogs can scratch up a person's legs or clothes jumping up to say hello. Also, a dog that jumps all over everyone they meet is also showing poor impulse control. Teaching your dog to control their impulse to jump up can make it easier to teach them to control impulses in other parts of their life too.

DEALING WITH JUMPING BEHAVIOR

PREVENTION

First, prevent the behavior as much as possible. Remove the opportunity to practice it, so it doesn't become more automatic, and the dog doesn't get better at it. Prevention is especially useful when you don't have time to practice teaching the dog to do something else.

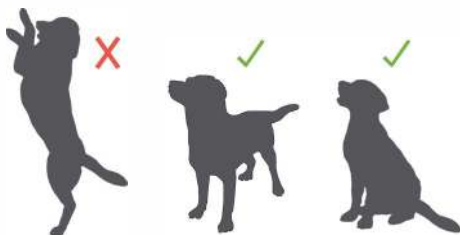
- Keep your dog crated before anyone comes in, so they can be handled without having the freedom to jump first.
- Hold onto your dog's leash as others approach, so they can be prevented from getting close enough to jump. You can also have the dog tethered while you work on this, *but remember never to leave a tethered dog unsupervised.*
- If your dog is already leashed, simply step on the leash so they have enough leash not to be pulled down, but not enough to actually get up on anyone.



TRAINING

Next, teach the dog to do something else. Teach them to sit nicely, or just keep all 4 paws on the floor. Basically you're saying, "I don't want you to do that, but here's what you should do instead."

- 1 Avoid giving attention for jumping up
- 2 Ask for a sit if necessary
- 3 When your dog does jump:
 - Take a step back and away
 - Let the dog gently fall or slough off you
 - Pull your arms up and close to your body
 - Turn away
 - Wait for the dog to calm down and sit *or ask for a sit*
 - Mark with a calm "yes"
 - Reward with attention, play, food, etc.
 - If the dog jumps again, repeat!



DOs & DON'Ts

- ✓ DO reinforce good behavior
 - Reward what you *do* want
 - Remember, rewards don't always have to be food
- ✓ DO be clear and consistent
 - Be clear about you want and consistently reinforce it
 - Make sure everyone is on the same page with training
- ✓ DO practice!
 - Practice with different people in various places
- ✗ DON'T push the dog down or yell
 - Even "negative" attention can be rewarding
- ✗ DON'T knee the dog in the chest
 - This can injure the dog
 - It can also put you at risk for a bite

Enlist the help of a reputable, qualified trainer for more assistance!