



## **JUMPING JACKS - PROBLEMS WITH JUMPING DOGS**

Dogs jump up on people for a variety of reasons. This is a natural instinct that dogs have to either greet you or to solicit you to play, or sometimes to try and exert dominance. It is very easy to become overwhelmed with a jumpy/pushy dog, no matter what the size of the dog is. A lot of the suggested techniques like yelling "no", kneeing the dog in the chest, pushing him down, holding the dog's paws will actually cause the dog to jump more, get more playful, and do so with even more determination. Have you ever heard of negative attention is better than no attention??? Even if a dog knows commands like "off" and "down" and will obey them most of the time, the urge to jump may overwhelm the dog and will ignore these commands. One thing to also consider with commands such as these is that the damage is done, your clothes are dirty, your grandma is knocked down, by the time you can utter a "down" command. The key to working with a jumping dog is to teach them an alternative to jumping on you - for whatever reason they may be jumping.

### **WHAT TO AVOID IF YOU HAVE A JUMPY DOG**

- ➡ Avoid an overwhelmingly happy greeting when you meet your dog. The more happy you get the more happy your dog will get and this will cause him to jump.
- ➡ Avoid letting the dog play off leash, either in home or outdoors. This will give him a chance to get all excited and jump on you, leaving you with no way to control the situation.
- ➡ Avoid playing games that encourage your dog to jump. Keep all games low to the ground, don't hold toys higher than the dog's head in an effort to keep it away from him.
- ➡ Diffuse "trigger situations" ie. Family member/friends coming to the door. Have the dog in a different location until everyone is settled and can greet the dog calmly.

### **WHAT TO DO IF YOU HAVE A JUMPY DOG**

It will be extremely helpful to you if at a separate time, you work on teaching your dog a sit and/or a stay command, this will be useful in giving your dog something else to do other than jumping on you. Here are a few mini exercises that can be practiced using toys, food, or any other high value reward to your dog. Practice these exercises as much during the day as possible. You can combine all the exercises or use them separately, depending on how bad of a jumper you are dealing with. The overall goal of each exercise is to ignore your dog when he is jumping and reward him when all four paws are on the ground. He will soon learn he gets no attention for jumping and lots of rewards and attention for "4 on the floor"! ☺

- ➡ Greet the dog calmly and with a straight body. Don't bend over and talk "baby talk" to the dog. Ignore him and walk away if he continues to jump on you. If he stops jumping turn around and calmly reward him with a calm pet or a cookie.

- ⇒ Offer the dog a cookie/toy and try and lure him into a sit. If the dog sits, slowly and calmly hook a leash on the collar while the dog eats the cookie or takes the toy. Then calmly pet the dog and offer another cookie as a reward for not jumping. If he tries to jump again, use the leash to keep him from jumping and to help direct him back in to a sitting position and then REWARD him for being good. The dog will learn that he gets more reward for sitting than for jumping.
- ⇒ If he will not sit for a cookie, or doesn't know sit - DO NOT REPEAT THE COMMAND MORE THAN 1X- hook the leash on right away and guide the dog down until he has all four paws on the floor. Praise him calmly and offer a cookie or toy reward. Repeat every time the dog tries to jump, by guiding him back to all four paws on the floor and rewarding for good behavior.
- ⇒ After you have greeted the dog calmly and hooked the leash on, slip the leash under your foot, placing your foot firmly on the ground, so that there is no slack in the leash between the dog's neck and your foot. DO NOT MAKE THE LEASH TIGHT - just taught. If the dog tries to jump he will be dead ended. Praise him when all four feet are again on the floor, and ignore him when he tries to jump. You can use this time to try and teach sit for a lure.

Remember to practice these exercises first with the least amount of distractions as possible. When you are having a dinner party is not the best time to work on teaching your dog not to jump on people. It is unfair to expect your dog to listen at first in such an excited environment, and is not fair to you to have to ignore your guests while you try and get control of your unruly dog. Practice at first with family members and close friends that are willing to be jumped on while you get comfortable with these techniques. This will give your dog a chance to learn what is expected of him, and a new way to greet people, before having to put it into action in a "real life" situation.



Please note that these are suggestions to help manage mild to moderate jumping. They are not meant to cure the most hardened of jumpers or to deal with dogs that are jumping because of dominance issues. If you feel your dog is dominant, or you have tried these techniques and they haven't worked, please consult a professional trainer so that you may be able to get the best help possible for you and your dog.