

JUMPING TO GREET PEOPLE

If you share your life with a jumper, you know about snagged skirts or muddy paw prints on your pants. Your friends may even shy away from visiting because they fear being knocked over by an over-enthusiastic dog.

Dogs jump for attention! Dogs typically jump to get attention. Even your negative reaction to his/her jumping will be seen as attention and will therefore perpetuate the problem.

Can I stop the jumping? You can train your dog not to jump on you or other people. The goal in training your dog not to jump is to prevent them from jumping in the first place.

How do I stop the jumping? Give your dog something else to do. Unlike humans, dogs can't do two things at once.

Training Steps

1. Teach your dog to SIT on every command. If your dog does not yet know how to SIT, try asking your dog to SIT by putting a treat in front of his/her nose and moving it directly back in an invisible line towards his/her tail. Reward your dog with praise or a treat when he/she rocks back into the SITTING position. Start with a short SIT of 3, 5, or 10 seconds working your way up to a SIT of a full minute or two. Once your dog is consistent, you can move on to step 2 in the training process.
2. Discourage jumping by teaching your dog that jumping will not get him/her the attention he/she seeks. Be prepared – this may take a while, will probably make the jumping worse to begin with and could be hard on the humans involved. However, it is crucial that your dog understand that he/she will always be ignored when jumping. Soon, your dog will start to settle down enough for you to introduce the SIT. After complying with your command to SIT, your dog will immediately be rewarded with praise and petting. Keep a close eye on your dog during the training. Before he/she gets the opportunity to crouch for a jump, tell him/her to SIT. Reward a correct response. If your dog gets up from a SIT, stop giving them attention. Soon your dog will understand that he/she will only get attention while SITTING.
3. Practice greetings at the door with family. To start, ring the doorbell. Enter the house like a guest and ask your dog to SIT. If your dog won't SIT, go back outside. Your dog will learn that he/she receives attention from guests only when in the SITTING position. Once your dog is consistent, move on to practicing with friends and neighbors. Involve as many people as possible in this phase of the training process. Your dog needs to learn that the rules are the same for everybody.