



**Jumping**  
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Jumping on people may be cute when your puppy is young, but will invariably cause trouble as he grows up no matter what size they'll be. Many people don't like dogs jumping on them at all, whether they're 5 lbs or 100 lbs. On the flip side, if you are trying to teach your dog NOT to jump, many people will allow or even encourage your dog to jump even when you tell them you don't want your dog jumping. The phrase that usually precedes the person ignoring your request is "Oh, I don't mind – I love dogs".



Jumping is an attention seeking behavior, meaning when your dog jumps on you he wants (and usually gets) attention of some sort. Your dog doesn't care if it is positive or negative attention, the point is he gets a reaction from you thereby rewarding the jumping and increasing the probability of the behavior being repeated. Attention is the "pay off" your dog gets for jumping.

Attention comes in 3 forms – look, talk and touch. When you look at him, push him down while yelling at him to get off or sit, you are giving him all 3 forms of attention. Children often scream and/or run away which turns into a really fun game for most dogs – CHASE – once again, inadvertently rewarding the behavior.

I am going to discuss several different jumping scenarios all of which use the same basic principle to modify the jumping but have many different nuances or subtleties. The same basic principle is – remove the "pay off" (attention).

It is imperative that as soon as your dog is no longer jumping and has 4 feet on the floor that you give him the attention he was looking for. This is called rewarding an alternate (or opposing) behavior – ignore the behavior you don't want and reward the behavior you do want. Thereby increasing the probability that he will repeat 4 on the floor to get attention in the future.

An important thing to remember is "a tired dog is a good dog". Mental and physical exercise is a MUST for all dogs and almost every single dog needs more exercise than you think. If a dog has excess energy, he is physiologically incapable of learning or controlling his impulses. No amount of training will work if you don't provide adequate exercise.

## Jumping On You

This is usually the easiest scenario to modify because you are the only person you can control (assuming you can consistently control yourself); therefore you have complete control of the training.

**When you are standing:** If your dog jumps on you when you are standing up, turn your back to him and ignore him completely. If he comes around and jumps on you again, turn away again – repeat until he has 4 feet on the floor (4 on the floor and you get more!) You may need to bring your hands in so your dog doesn't have 10 little "finger toys" to play with.

When you turn away, if your dog continues to jump and/or nip at your back you have 2 options – go behind a gate or door so he has no access to you at all or turn quickly and walk into him just enough to throw him off balance to where he puts 4 on the floor. Do not knee him or try to step on his toes, keep your feet close to the ground, don't look at him or talk to him in any way until he has 4 on the floor.

For children that are standing you may need to intervene. First and foremost, dogs should never be left alone with children and all children need to be trained how to interact appropriately with dogs. If the child is too young to do the training, teach the child to "be a tree". Have them stand completely still, no squealing, screaming, crying or laughing if possible, pull their hands in and look away from the dog. If your dog doesn't stop jumping, you must step in and remove your dog and/or redirect him onto an appropriate toy or activity. You are the best judge of when your child is old enough and mature enough to help in the training, but generally speaking, not until they are at least a teenager.

**When you are sitting:** If your dog jumps on you while you are sitting you have 3 options. 1) Stand up and turn away until he has 4 on the floor and then immediately sit back down. Repeat as often as needed until your dog doesn't jump and you can pet him. 2) Use your body to block him. Don't use your hands – that becomes attention too easily. Use your elbow, side, shoulder or leg to block him. You can also wiggle your legs so he can't get a comfortable spot. You are not pushing him, kicking him or being rough in any way, you are simply making it uncomfortable for him to be on you. 3) If you have a book or magazine, you can block his face from you and then move the book/magazine towards your dog slowly so he becomes uncomfortable and puts 4 on the floor.

You will need to intervene with children as discussed above. Have the child curl up in a ball and ignore your dog until you can remove and/or redirect him onto an appropriate toy or activity.

**When You are Reuniting with Your Dog:** You've been gone (whether its been 5 minutes or 5 hours doesn't matter) and when you return, your dog is excited to see you. You are most likely excited to see your dog as well, but upon returning everyone has to ignore the dog until he is calm. Returning needs to be a non-event. No attention what-

so-ever until there is calm. If you need to let your dog out to potty, do so without talking and with as little contact as possible. Once he is no longer jumping you can greet him, but when you do, your energy needs to be low. High energy will just get him jumping again.

Sometimes adding in play is helpful on reuniting – give your dog something to do other than jump. Have a fetch or tug toy hanging by the door and when you come in, immediately toss the fetch toy or present the tug toy and encourage your dog to play through his excitement while focusing on something other than jumping on you.

## **Jumping on Walks**

Unfortunately, it is hard to get people to follow your instructions when you tell people not to let your dog jump on them. Prevention is crucial! Before someone approaches, step on your dog's leash so that if he jumps, he can only get 3-4 inches off the ground. This way people can pet him without him practicing the jumping behavior and your energy is not adding to his excitement. The more you correct him, try to pull him away or physically control him, the more he'll jump.

If you do have people that you think might help with the training, do the following. Carry treats with you. When you think someone might help, as they approach solicit their help – the conversation might sound like this:

“Hi, can I pet your dog?”

“Yes, we would love that! We're in training would you help us?”

“Yes, what do I do?”

Now you give them a treat, ask them to approach and ask your dog to sit. Tell them if he jumps, just back up until he can't reach you and then try again. Once the person approaches and your dog sits, step on the leash and let the person pet your dog. This conversation will get more people to help you than just telling them not to let your dog jump on them.

## **Jumping on Guests**

When you have a guest come over you have 3 options:

- 1) Your guest is expected and willing to help – put a leash on your dog before they arrive. When you answer the door, the guest comes in but if your dog jumps, the guest immediately goes back outside and shuts the door for 2 seconds then tries again. Repeat until the guest can come in without your dog jumping. You give NO corrections at all – the only correction is the person going back outside without acknowledging your dog. Lots of repetitions with lots of different people will hurry this training along! Do the same for a guest that is unexpected, but you will probably be putting the leash on a very excited dog.
- 2) You have an expected or unexpected guest that is unwilling to help – put the leash on your dog, step on the leash as directed above for walks to prevent your dog from jumping on the guest. When your dog is calm, drop the leash (he is still dragging it behind him). If your dog starts to jump again, pick up the end of the leash, remove him from your guest and either tether him away from your guest or step on the leash a bit longer.

3) Put your dog in another room, in his crate or tether him in a place where he can't jump on your guest. This doesn't teach him anything; it just prevents him from practicing the jumping behavior.

Putting a container of treats outside and a sign on your door explaining that you have a dog in training may be helpful for guests. They can read the sign explaining what they should do as you come to the door. There is a sample sign below.

Once your dog is no longer jumping on guests at your home, you can start training no-jump when you arrive at someone else's home with your dog. You just change who goes back outside. You knock on the door, the homeowner opens it, you enter and if your dog jumps, you immediately take him back outside for 2 seconds then try again.

For most puppies, unexercised dogs and those perpetually exuberant dogs that tend to jump right back up after you greet them, add in a cue that signals you are done. You can use "enough", "all done", "no more" or any other word as long as it is not the same word you use to release your dog from a "stay" cue. Bend over, and greet your dog then lower your energy, say your cue and slowly stand up then walk away slowly and calmly, ignoring him completely. Your dog must start to understand that when you say the cue, you mean it; he will no longer have attention for the near future.

Teaching your dog not to jump is the beginning of teaching impulse control. Other things to practice that enhance the no-jumping training are "leave it" "stay" and a very reliable "sit".

Instilling the concept of "say please" is also helpful. This means that in order for your dog to get anything he wants, he has to sit first. Food, play, toy, leash, walk, out the door, attention, on your lap, on the furniture, etc – everything he wants, he has to sit for – "sit" becomes your dog's way of saying "please, may I" instead of jumping, pawing, barking, whining or head butting you.

# DOG IN TRAINING

PLEASE TAKE A TREAT

RING THE BELL

THEN:

PLEASE DO NOT **LOOK AT, TALK  
TO OR TOUCH** THE DOG UNTIL HE  
HAS 4 ON THE FLOOR

THANK YOU!