Jumping is not only a very frustrating behavior but sometimes it can hurt and cause injury! Dogs that jump can scratch people or knock them over. The main reason why dogs jump is for attention. You are much taller than the dog and so he will jump in order to get closer to the hands that pet him.

Often a person’s first instinct is to push the dog off when they jump up. Even though pushing your dog off is negative attention the dog is still being rewarded with what he wanted in the first place, attention. This actually causes the jumping behavior to be reinforced and your dog will continue to jump! Also when your dog jumps on other people they may reward the behavior by actually petting your dog even though you don’t want them to. There are a different ways to deal with this behavior whether your dog is jumping on you, other people, or both!

Jumping On You

- **Step 1:** Cross your arms and turn to the side to completely ignore your dog.
- **Step 2:** Once your dog has all four feet on the floor or ground you can turn around and pet him. Make sure to pet him under the chin and talk to him in a low calm voice so that he does not become over aroused. If he jumps again repeat the steps.
- **When You Arrive Home:** If your dog jumps all over you when you arrive home from a long day at work it is most important to ignore him until he settles down. You can also put his leash on if he needs that sense of control, step on the leash and ignore him. Also, you can leave some treats by the door or in your car so every time you come in the house they need to obey a command, such as ‘sit’, in order to get attention from you.

Jumping On Other People

- **Polite Greeting On Command:** It is very difficult to control other people when they approach your dog. You need to focus on teaching your dog a command when meeting people. The command used to have your dog greet people can be “say hi”. You will teach your dog that this command means that he will sit politely by your side and wait for your command to greet the person. Make sure to set up the following situations so that your dog can succeed with this training!
- **Step 1:** Have your dog next to your side and ask him to sit as the person approaches.
- **Step 2:** Let the person know that your dog is in training and that it would be great if they could help. Let them know that he needs to stay in a sit (or non-jumping) position in order to be pet. Also ask them to pet your dog low and slow and under the chin because this will decrease excitement in a high energy dog. While having this conversation be vigilant of your dog because this will teach him that he needs to stay in a sit position and wait until your cue to greet the person.
• **Step 3:** Give your dog the command ‘say hi’ and allow the person to pet him. If he breaks his sit or jumps have the person back away and put your dog back in a sit to try again.

• **The Right Person:** When you are training your dog to understand this command you will need to pick people that you trust to listen to you. If a person will not listen to you and continues to allow your dog to jump then just leave the situation as quick as you can. Every time your dog is allowed to jump on people you will take steps back in your training.

• **Guests In Your Home:** If you are having problems with greeting at home, keep a leash handy at the door. Greet your guests outside and explain to them that you are training your dog not to jump by doing steps 1–3. It can become tedious at times, but you and your guests will appreciate it in the long run!

**Other Tips**

• **Exercise:** If you have an extreme jumper it is a very good idea to give them plenty of exercise before you bring them to a public setting. The more tired your dog is the better chance you have to set him up for success when meeting new people. There are two forms of exercise, mental and physical, and all dogs need a little combination of both.

• **Repetitions:** If your dog is a people lover teaching them not to jump is no easy task! Make sure to set up situations over which you have control so that your dog can succeed. Always remember to constantly practice this until your dog really starts to understand the concept. It is a natural instinct for most dogs to jump up to receive attention and it will take many repetitions to help some dogs understand the opposite!

**Maintenance**

• **Be Patient:** Remember jumping is an impulse that most people-loving dogs have a hard time controlling. Depending on how “high value” attention from people is to your dog sometimes the process can take a long while. Be patient! Always start the training or correction process with people who will listen to your instructions in order to have more success in the shortest amount of time.

If you are having any issues with jumping, please contact our training facility, New Dawn Animal Behavior Center, at: www.NewDawnABC.com or call 727-415-1567

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