



How to Stop Your Dog Jumping Up

Why do dogs jump up?

- 🐾 Many dogs are compulsive greeters
- 🐾 Dogs that know each other often greet one-another with a 'high ten'
- 🐾 Often jumping up has been reinforced by owners as a puppy
- 🐾 To get attention
- 🐾 To lick at your face in appeasement
- 🐾 To invade your space

How NOT to fix this problem

Kneeing the dog in the chest

Not only does this method not work, it is downright dangerous and could crack a rib or otherwise injure or even kill your dog. Imagine saying hello to someone and having them knee you in the chest!

Stepping on the dog's back feet

Again, this is dangerous and can hurt your dog, perhaps even breaking his foot. In any case dogs are experts at learning how to avoid unpleasantness and he will simply learn to jump up quickly and get down before you step on his feet.

Pinching the dog's paws

Remember that your dog thinks he's greeting you. If you hurt his paws every time he greets you he will soon become anxious about greeting you. You may then have a submissive urination problem to boot!

Pushing the dog down

We have already learned that dogs use their paws (often in a 'High Ten') to greet one another. Your dog may see you pushing him down as you using your 'paws' to return his greeting or even initiate play! Even if he does get the message that you are angry with him he may try even harder to appease you by trying lick at your face. This, of course, requires that he jump up to reach your face. The cycle continues!

Yelling at the dog

This gives your dog the attention that he's looking for! For a dog that has not had any company for a 10 hour stretch ANY type of attention is good. At least you're interacting with him. This method may also serve to make your dog insecure and fearful when greeting you in the future, hence more likely to jump up to try to lick your face in appeasement. The cycle continues!



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Hitting the dog

There is no denying that, when delivered correctly, punishment works. The question here is at what cost? For punishment to work it needs to happen simultaneously with the undesired behaviour (jumping up) and it must be severe. While after a severe punishment your dog may think "I am NEVER going to do that again!" some of the problems associated with this type of violence are:

- 🐾 Your dog learns that you are prepared to hurt him.
- 🐾 Your dog may become nervous or fearful, wondering when you are going to hurt him again. We have ALL seen dogs that cower when their owners lifts up a hand, even where violence is not intended by the owner.
- 🐾 Your bond with your dog will never be the same again.
- 🐾 Your dog learns that you are not an effective leader and must resort to violence to get your message across.
- 🐾 There are many more effective ways to deal with this problem. Why resort to violence when it is completely unnecessary.

Patting, soothing or otherwise talking to the dog

This method will reward your dog handsomely for jumping up and GUARANTEE jumping up in future greetings. This is akin to giving your dog a bone every time he jumps up at you.

How to stop your dog jumping on you

Reward an incompatible behaviour

Train your dog to sit or go to a mat in order to be greeted. Sitting or going to a mat is incompatible with jumping on you – he cannot be doing both at once.

Ignore the dog

If he wants attention do not give it to him until he's performing the right greeting for you. Ignoring means no looking at the dog, no touching the dog and no talking to the dog. Once your dog has all four feet firmly on the ground give him the attention he seeks. If this excites your dog then ignore him until he's once again on the ground. He'll get the idea before long.

Cue a different behaviour BEFORE the jump

Teach your dog a bulletproof 'Sit' command. Then before he jumps on you request a 'Sit'. Ignore him until he sits then reward him.

Calm greetings

Do not excite your dog when greeting him. Ignore him for a few minutes, put your groceries down, take off your shoes, get changed and put the kettle on. Once your dog has calmed down THEN greet him.



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Reward your dog for doing the RIGHT thing

Many people are very good at ignoring the wrong behaviour but forget to reinforce the right behaviour in dogs. Don't forget to reward your dog when he's greeting you in the right manner or you'll leave him no option but to jump on you.

Above all, you must be absolutely **CONSISTENT** in not allowing your dog to jump on you. If you reward this behaviour in any way, even occasionally, it will never stop!



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