

# JUMPING UP & DOGS

Rather than teaching your dog “not” to do something, we can teach them to do something else. You can use “sit” or another behavior as an alternative to jumping up on people.

## Teaching Your Dog New Behaviors:

When your dog starts to jump, use your alternate behavior, such as sit or touch, and give the cue. If the dog jumps and doesn't sit, stand still and wait. Don't repeat the command, just wait for them to sit. Give your dog a treat if they listen to your command.

## Practicing with Other People:

Use a leash or tether, but don't pull or put tension on the leash. Have someone approach your dog. When the person gets within your dog's range, say your command. If your dog listens, have the person give them a treat. If they don't listen, have the person stand still and wait. Don't repeat the command. To ensure that your dog always follows the alternative behavior when approached by someone, you and your family must be consistent during the training process.



## Tips:

- When a dog jumps, they want attention. Even if you push them down, that is attention. Just stand still and wait for them to offer the alternative behavior.
- When your dog realizes they will get no attention from you when jumping, but gets rewarded when they stop, they will begin to use the alternative behavior.
- Be patient, persistent, and consistent. It will take time for your dog to unlearn their jumping habit, and it will take the entire family's continued efforts to change your dog's behavior.
- Remember to reward your dog when they perform the alternative behavior.