

Exercises to Reduce Jumping Up

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Here are some exercises to reduce your dog jumping up on you or others in various situations.

Owner Coming Home after an Absence

What it looks like: owner enters house and excited dog greets owner by jumping up. Owner turns back to dog until the dog sits calmly on the floor. When dog finally sits, owner turns around and warmly greets dog, then immediately goes outside, waits a few seconds and comes in again. Repeat entry several times in a row until dog sits without first jumping. Reward this with very warm greeting and optional food reward from pocket. Do multiple entries on several successive days until sit is solid on first entry.

Dog Jumping on Strangers on the Street

What it looks like: owner enlists two or three helpers for a 10-minute training session. Owner walks with dog clockwise around the block and helpers walk (separately) counter-clockwise. Dog meets first helper and tries jumping up. Helper turns back to dog and ignores jumping behavior as owner gives sit command. When dog sits, helper turns around and warmly greets dog and carries on. Repeat with next helper. Dog should meet each helper several times. Repeat exercise until dog is no longer jumping. Food rewards from handler optional.



Dog Jumping on Visitors to House

What it looks like: owner gets a helper to do repeated entries as in exercise #1. Even better, invite over several people and have them all take turns doing a few minutes going in and out to practice dog's sitting to greet visitors. Only use people who can act well: they must be comfortable turning their back to and ignoring the jumping dog. They should also be overtly warm and friendly when greeting the dog once he sits. One or two practice sessions can make a huge difference in dog's tendency to jump.

You can also teach a sit-stay in a certain place, such as on a mat near the door, using the doorbell as the cue/command and a small food reward for holding the stay while people come in. This takes practice but is fun to teach.

Practice sequence is:

- 1) doorbell ring
- 2) coach dog to mat
- 3) sit-stay for 30 seconds
- 4) reward and release

If you have a pet behavior question or would like some training assistance,
San Diego Humane Society is here to help!
Visit our website at www.sdhumane.org to view our behavior and training options,
or call our Behavior Helpline at 619-299-7012 ext. 2244 to speak with a trainer.