



## Woofpack Dog Training

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# Jumping

Teaching your dog to stop jumping is one of the most important behaviors to address, especially since jumping can be both a nuisance and a safety concern. Fortunately, with patience and consistency, you can train your dog to greet you and others in a more polite manner. Here's a step-by-step guide to help you teach your dog to stop jumping:

## 1. Prevent Jumping

### Energy Release

- One of the main reasons dogs jump is because they have a burst of energy. If you know your pup is going to see exciting people, get their energy out beforehand. You can also provide mental energy outlets with enrichment toys.

### Calm Greetings

- Only allow calm greetings between people and your dog and also between your dog and people.

### Leash Your Pup

- If your dog is prone to jumping, keep them on a leash when you expect company or during situations where they tend to get overly excited.
- You can gently guide them into a sitting position and reward them for remaining calm.
- This is a great management technique while they are learning not to jump.

**TIP:** If your dog is still able to jump here and there, do not reward the jumping by giving attention! Ignore your dog and don't look at them, touch them, or talk to them while they're jumping.

## 2. Teach an Alternate Behavior

- Your dog can't sit and jump at the same time so teach them to do an incompatible behavior.
  - Sit: Teach your dog to sit when greeting people. This is a basic command that you can use to prevent jumping. When someone is approaching your dog, tell your dog to "sit" and reward them multiple times as they stay seated.
  - The harder it is for your dog to stay seated, the more they should be rewarded.

## 3. Practice and Be Consistent

- Consistency is key. Make sure everyone in your household enforces the no-jumping rules consistently. If anyone strays from the rules or is inconsistent, they can make the jumping much worse.
- Practice with friends and family to solidify good behavior. Always notice and reward when your pup catches on and does a great job of keeping four paws on the floor!