

# JUMPING

Jumping is a normal play and greeting behaviour that will occur towards humans unless the dog is taught a better way to interact with them. The dog is usually just very excited and wants attention from his owner. Jumping is a very good way to get attention (even if it isn't always positive attention).

Many people reinforce this type of behaviour without realising it. When a dog jumps up on us we tend to yell at him or push him down. To a dog this is considered attention. So the dog is getting exactly what he wants.

## So what can you do to stop your dog from jumping?

There are 3 components to treating this problem:

### 1. Remove the reinforcement of the behaviour

- ∂ When you get home, **completely** ignore the jumping
- ∂ You must not look at him, push him away or even talk to him. You can even cross your arms and look away. Your dog must get absolutely no attention.
- ∂ If your dog stops jumping and calms down, you can give him attention.

### 2. Increasing control when the dog is jumping

- ∂ A head collar or a front tying harness can be used to help control the jumping during the teaching phase (especially if it is a large dog).
- ∂ Tie a leash to the head collar or harness and put a foot on the leash. Your dog will be unable to jump and will be easier to ignore.

### 3. Teach the dog an alternative method of greeting people

- ∂ Teach your dog to sit before every interaction.
- ∂ He must sit before being petted, before eating, before playing, before going outside etc.
- ∂ This will teach your dog that he can get anything he wants if he sits first. The sit becomes kind of like a « please ».
- ∂ It is important to know that when you ignore a particular behaviour it tends to get worse before it gets better.
  - ✓ So your dog will probably try harder and harder to get attention by jumping until he realises that it doesn't work anymore.
- ∂ Every member of the family must ignore the jumping or else the dog will continue jumping on those who allow it.

If you have any questions, don't hesitate to contact us at the number below or contact Dr Vicky Sedgwick by email at [vicky.sedgwick@hvovet.com](mailto:vicky.sedgwick@hvovet.com) .

🗨️Consult our website for more information on canine and feline behavior.

**GOOD LUCK!**

