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## **Jumping Up**

Dogs naturally greet people by jumping up on them but this is an unacceptable, and sometimes, dangerous behavior. You must teach your dog to sit whenever he greets you or other people. One thing to remember is that jumping up persists because the dog is usually reinforced for doing it. When you give your dog any kind of attention for jumping on you, even negative attention (yelling at him, pushing him off, or even kneeing him in the chest), the behavior will continue. So the best way to stop a dog from jumping up is to remove the reinforcement - your attention.

### **Jumping up when you enter the house**

#### **Approach #1**

When you enter the house and your dog jumps up on you, simply turn your back, stand tall with your arms at your side and say nothing. Watch out of the corner of your eye and as soon as your dog chooses another strategy (four on the floor, or better yet, sitting), turn and give him attention and a food treat. He will most likely jump back up on you and when he does, turn around again and wait. Do this as many times in a row as it takes until the dog sits when you walk in. Practice this exercise repeatedly and then get the entire family involved. Later, invite visitors to the house and have them do the exercise. Keep the treats handy at first until the dog learns that he must sit to greet all humans.

#### **Approach #2**

When you enter the house and your dog jumps up on you, turn right around and go back outside. Wait a moment and then re-enter. If the dog jumps up again, leave again. Repeat this process until the dog chooses another strategy, like sitting, when you enter. The dog will learn that when he jumps up on you as you enter, you leave, but if he sits, you give him the attention he wants (and a yummy food treat). Repeat the exercise often until your dog learns to sit every time you enter the house. Practice at each door. Have every member of the family and then some visiting friends practice as well. We want the dog to learn that he really wants to sit when greeting all people entering the house.

### **Jumping up on approaching people**

One person should have the dog on lead while another approaches. When the dog starts to jump up on the approaching person, he/she should turn around and walk away. Repeat this over and over until the dog resists the urge to jump - keeping all four paws on the ground (or

better yet - sits) to greet. When this happens, the approaching person should praise the dog and give him a treat.

Repeat this with as many different people approaching as you can so that your dog learns that sitting to greet all people is very rewarding.

### **Conditioning a sit at the door when company arrives**

Have a helper knock on the door or ring the doorbell. You then coach your dog to a rug located near the door and ask him to "sit". Reward him with praise and a treat when he does. Repeat this over and over again, waiting a few more seconds each time before giving the reward. Once your dog can sit and stay for 30 seconds or so you can start to introduce opening the door. To do this, before you give the treat, reach and touch the door knob. If he did not move - praise and reward with a treat. Continue this process, slowly working up to opening the door, and greeting your guest. With repeated practice, the sound of the doorbell or knock will become a cue for the dog to go sit on his rug and wait for you to invite your guest inside.