

Jumping Up

Puppies and dogs naturally jump up on people when they say hello. Why? Because we humans are taller than they are! Dogs greet each other by going nose-to-nose and they like to do the same with us—so it's perfectly natural for them to jump up on us to try to reach our faces.

DO:

- Teach the dog to sit and to pull away from you (off) on command.
- There are various procedures you can try. See what works best for your dog:
 - Stand tall, look straight ahead, pull your hands up by your chest, say “Sit” and wait for the dog to sit. When the dog does sit, immediately look at the dog, kneel down, and calmly stroke the dog. If the dog jumps up again, stand up and repeat the steps.
 - Stand tall, look straight ahead and pull your hands up by your chest. If the dog jumps up on you, say “Off,” and turn around so the dog can't reach your face. When the dog has all four feet on the ground, turn back around and ask him to 'sit'. When the dog sits, calmly stroke the dog. If the dog jumps up again, repeat the steps.
 - Put your dog on a leash and tie it to a door knob. Walk up to him. If he stands or sits nicely for you, offer him a tasty treat. If he goes to jump up on you, quickly turn around and walk away. Repeat these steps until your dog automatically sits for you when you approach.
- Generalize the training by recruiting numerous friends to help you teach the dog not to jump on all people.
- Some dogs find it easier to grab a toy and shake it, rather than sit. Keep a toy by the door and direct your dog's attention to the toy when you enter.

DO NOT:

- **Do not** become really excited when you greet your dog. Stay calm.
- **Do not** shout at your dog. This can get him more excited and cause him to jump up even more.
- **Do not** try to grab the dog or push him away. The physical contact will likely cause him to jump up even more.
- **Do not** knee the dog in the chest, step on his back toes, pinch his front toes, or otherwise cause him pain or discomfort, when he tries to greet you or other people.