

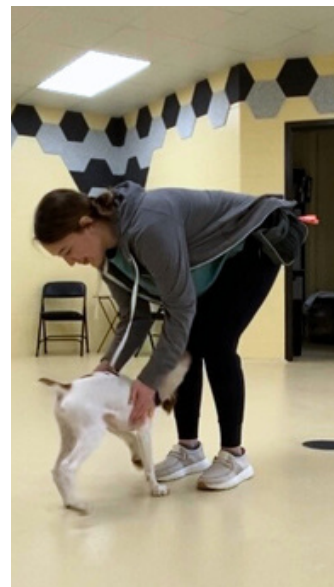
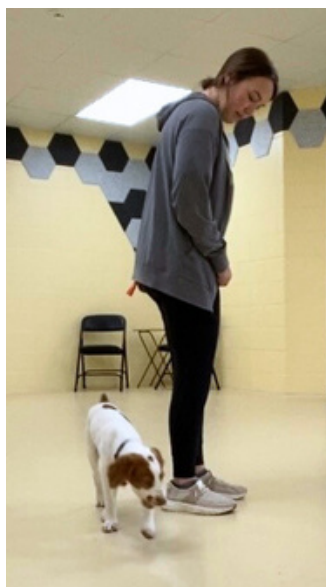
# Jumping

## The Motivation

Jumping is a part of normal greeting by dogs. From a young age, puppies jump and lick their mother to elicit attention and access to food. Similar behaviors are then displayed by dogs toward people especially when overstimulated. They become excited to see people and jump to initiate social interaction. While many people choose to discourage jumping due to social stigma, it is each owner's choice whether they find jumping an appropriate greeting. Regardless, it is important to recognize that jumping is often unintentionally reinforced by a variety of human responses — eye contact, verbal reprimand, physical contact including pushing the dog off, or a combination of the aforementioned.

## Prevention & Management

If you prefer to not have your puppy jump on people, encouraging their natural tendency to jump should be avoided. When greeting your puppy, try to remain calm to help them stay calm. Reward your puppy by giving praise and/or treats when your puppy chooses not to jump on you and try to offer praise before they jump. Asking for an alternative behavior, such as a sit, before your puppy jumps up gives you an opportunity to reward a more desirable behavior. If you are unable to work on helping your puppy greet appropriately, manage them by confining them to a crate, ex-pen, or behind a baby gate, so they is not able to rehearse the behavior.



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## Problem Solving

The most effective way to reduce jumping is to remove attention when the undesired behavior is occurring.

1. When your puppy jumps up, immediately remove attention from them. This can look like stepping, turning, or looking away.
2. By removing attention, you avoid inadvertently rewarding the behavior with verbal or physical acknowledgment. Unless your puppy has been taught and understands “down” or “off,” try to remain silent.
3. Attention only needs to be removed for 2-3 seconds or as soon as the puppy makes a good choice, i.e. calmly standing, sitting, or laying down.
4. If your puppy continues to jump after removing attention, try asking your puppy for an incompatible behavior such as “sit” or “down” to redirect the puppy’s focus and give you a rewardable behavior.
5. Continue to reward when your puppy makes a good choice when greeting new people. For exuberant puppies, reward calmly as to not have the puppy feel the need to jump again.

## Important Notes

Jumping can be a self reinforcing behavior as it serves a functional purpose for our dogs by getting them closer to our face and to us in general. If you’re noticing your dog still jumping even after strictly implementing removing attention when they jump, it is a sign that more management needs to be employed as the self reinforcing nature of the behavior is continuously driving it.

Undesired behaviors in dogs are comparable to habits for people. Your dog has habitualized jumping when they are excited, so change will not occur over night. They will need continuous practice and reinforcement for performing the desired behavior in order to see behavior change.

As with any behavior, if you need training support, please reach out as our professional, certified trainers can provide greater assistance and guidance in building a four on the floor behavior.



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