

## ***JUMPING UP***

If you don't want your adult dog to jump up on you, then the time to teach him this is NOW while he is a puppy.

Firstly if we understand why he jumps, then preventing it will be easier. And preventing it is easier than un-training once the habit has started.

*Puppies jump up to get our attention.*

So the easiest way to teach puppy not to jump is by showing him that jumping does not benefit him, or that he won't be rewarded for doing so. NO ATTENTION when he jumps on you. But the second that his feet are back on the floor, REWARD HIM. He will learn that the only time he gets your attention is when his feet or his bottom are on the floor.

It is as easy as that.

What won't be easy is teaching your visitors to do the same – visitors are harder to train!

The usual scenario when your puppy jumps on visitors and you say please don't pat him while he's jumping, is they'll reach down and pat him saying "it's all right I like dogs", and next visitor same thing will happen. There goes all your hard work. Or they will pat him and then tell him to get down, which is still rewarding for him, so he will do it again.

Any attention is sufficient for some puppies.

Attention can constitute not just petting, but pushing him off, speaking to him, looking at him or even telling him off - it is all still attention.

So all the family and visitors and friends should ignore him and look away, and the second his feet are on the floor, lots of praise.

With really exuberant puppies keep the praise low key, or in his excitement at the praise he will jump up again!

This method will work with all new puppies, and even with puppies that have already been rewarded for jumping up, but for puppies already in the habit it will take longer, as they need to relearn that what has been rewarding before is not anymore.

Another method to teach an older puppy not to jump, is to put the behaviour on cue. This means that when he is invited to jump up he is rewarded, and when he is not invited he is not rewarded, which ultimately will mean that he doesn't jump when not invited. This is good for people that like them to jump sometimes, eg when playing or interacting or so you don't have to bend over to pat them, but not at other times, eg when puppy is wet, you are clean and late for work, or when its your 82 year old grandmother visiting.

Another method that works really well is to train an alternative behaviour, something he can't do at the same time as jumping. This method works really well to stop him jumping on other people besides you, and is handy for when you can't train your visitors!

Sit is probably the best behaviour to teach in this instance, puppy can't jump while he is sitting, and sit is easier for him than down, and more reliable than stand. It is also probably the first thing he learnt, so it becomes almost a default behaviour. Sit to be fed, sit to go outside, sit to get your leash on before walking, sit to say hallo to people.

SIT TO GREET PEOPLE.