Jasper County Animal Rescue League and Humane Society
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Exercises to Reduce
Jumping Up

EXERCISES TO REDUCE OWNER COMING HOME AFTER AN ABSENCE

Owner enters house and excited dog greets owner by jumping up. Owner gasps as though dog were radioactive, remains upright and urgently tells dog to sit repeatedly (dog already has some idea of what sit is). When dog finally sits, owner warmly greets dog, then immediately goes outside, waits a few seconds and comes in again. Repeat entry several times in a row until dog sits without first jumping. Reward this with very warm greeting and optional food reward from pocket. Do multiple entries on several successive days until sit is solid on first entry.

DOG JUMPING ON STRANGERS ON THE STREET

Owner enlists two or three helpers for a 10-minute training session. Owner walks with dog clockwise around the block and helpers walk (separately) counter-clockwise. Dog meets first helper and tries jumping up. Helper does "radioactive dog maneuver," then owner gives sit command. When dog sits, helper warmly greets dog and carries on. Repeat with next helper. Dog should meet each helper several times. Repeat exercise until dog no longer jumping. Food rewards from handler optional.

DOG JUMPING ON VISITORS TO HOUSE

Owner gets a helper to do repeated entries as in exercise #I. Even better, invite over several people and have them all take turns doing a few minutes going in and out to practice dog's sitting to greet visitors. Only use people who can act well: they must be very rejecting of jumping dog and very warm with sitting dog. One or two practice sessions can make a huge difference in dog's tendency to jump. You can also teach a sit-stay in a certain place, such as on a mat near the door, using the doorbell as the cue/command and a small food reward for holding the stay while people come in. This takes practice but is fun to teach.

Practice sequence is: 1) doorbell ring; 2) coach dog to mat; 3) sit-stay for 30 sec.; 4) reward & release