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## Jumping on People

**Why does my dog jump on people?** Jumping up is a common side effect of excitement and enthusiasm. The trick to getting your dog to stop jumping on people is to teach them to do something else instead. Reacting by scolding or otherwise getting physical with your dog often inadvertently reinforces the behavior, causing it to increase in intensity and frequency. Instead, teach your dog to sit or stand with four paws on the floor during times they are likely to get excited.

### How to teach a polite greeting

**Step 1.** Teach your dog to sit or lay down for greetings.

**Step 2.** Teach your dog to sit on cue, and reward them with praise, petting, and treats when they perform the behavior.

**Step 3.** Practice sitting on cue in a variety of settings, and with different people giving the cue.

**Step 4.** Start using a sit during play or other times when your dog might be excited. Interrupt play by calmly asking for a sit. Reward them for performing the behavior.

**Step 5.** Notice all the times your dog freely offers a sit without prompting, and reward them generously! Doing so teaches your dog that sitting is most often the best choice they can make.

**Step 6.** Once your dog reliably sits on cue, practice this during greetings. Cue a sit and only allow the person to approach if your dog is sitting.

### Training Tips:

**Tip 1.** Dogs that jump for attention can be rewarded with attention, but only when they sit.

**Tip 2.** Get into the habit of becoming a tree when your dog jumps. This means crossing your arms and standing still until they stop. By removing your attention, you are causing them to try something else instead. Only give attention after your dog puts four paws on the floor again.

**Tip 3.** Prevent jumping by separating your dog during the times they are likely to jump. Baby gates, closed doors, etc. can be used to create temporary separation prior to getting excited, and until after the inciting event is over.

**Tip 4.** Be your dog's advocate! During training, it is common for other people to reinforce the jumping with attention. Be consistent about politely asking others to wait, until you say it is okay to interact with your dog. Only give permission for interaction if your dog is calmly sitting.