

4507 Cemetery Rd.

Hilliard, Ohio 43026

(614)876-5641

**How to correct jumping on people:**

Jumping is a part of normal play and greeting behavior for dogs. This is why we have to teach what is expected of them while greeting humans. We can do this through trained interactions. This is done by using three different training techniques.

1. Withdrawal: ignore your dog if she is jumping up on you. Place your arms on your chest and turn away from her. Avoid giving her any attention. This includes yelling, pushing her off or even eye contact. Warning: this may increase the attempts to jump at first due to what is called an “extinction burst”. This jumping has worked for her in the past, so she will try a little harder at first until she realizes that these attempts are not going to work.
2. Increasing control: Head-collars (such as the Gentle Leader) can increase the control you have and ability to restrict your dog from jumping. Pulling up gently and guiding the dog into a sit will stop the dog from jumping up.
3. Teach “sit” and “stay”: When your dog is calm and relaxed, practice sitting for a food reward in different areas. You can also start adding the word “stay” by having her sit for increasing amounts of time. Once your dog has this down, you can have another person practice walking up to her (she should have her head-collar on). If she stays in a sit position, she will get a treat and attention from the person. If she gets up, the person should turn around and start over. This may take a few times for your dog to realize she needs to remain calm and sitting in order to get the person to come and pay attention to her.