



KEEPING 4 ON THE FLOOR

“OFF” (Not Down)

Jumping up to greet is a natural dog behavior, remaining calm during greetings is not. You will be far more successful at working with this difficult behavior if you think about two things; making an effort to see the world through your dog’s eyes and being consistent in your training. First, by understanding what your dog gets from his over-enthusiastic greetings (attention, be it positive or negative), you can change your behavior to address the problem. Second, by consistently turning away from your dog and giving him a positive way to get attention (executing a “sit”, for instance), your dog will begin to see that he no longer gets a benefit from his old greeting behavior. Any dog worth his kibble will tell you that a behavior that doesn’t work out well isn’t worth the effort.

PUPPIES

Following the instructions below will prevent your puppy from becoming an obnoxious problem when you or your friends enter your home. Puppies are usually less of a challenge since they don’t have long-set patterns of jumping on people and therefore learn quickly.

Just remember - **STOP / REDIRECT / PRAISE**.

STOP – the unwanted behavior by removing the reward. A reward in the dog world is any interaction, including eye contact. Remain calm, turn away and give the “OFF!” command.

REDIRECT – your dog’s energy into something positive, a “sit” for instance.

PRAISE – give him the reward of your calm praise and attention for sitting. If he jumps on you again, remove your hands if you are petting him and repeat the sit command.

When friends come to the door, it is often impossible to train them to not reinforce your dog's bad behavior. Friends will tend to say "No, that's O.K., I love dogs" or something to that effect. Because of this it is best to put your dog on leash and stand on it so that he cannot jump up. Then have your friends give him attention for sitting.

ADULT DOGS

You may need to add a low-level aversive for older dogs that have been jumping on people for much of their lives. In this case, hide a Binaca spray tube (available at ACA) in the palm of your hand and squirt your dog in the nose just as you give the command "OFF!". Don't let him see the tube; you want him to think that your finger is loaded with spray and ready to be used at any moment. You must be completely consistent with this for it to be effective. It is a good idea to have a tube of Binaca in your purse, in your car, in a box taped to the outside of the entrance door, on your desk or any other place that your dog might be likely to jump on you. Being prepared is important for dog trainers and Boy Scouts alike.

One word of warning: your dog may go through a period where he increases the behavior that you are trying to extinguish. The old system may have been working for him for quite a long time, and he may feel that he needs to increase his efforts before he fully realizes that things have changed. Be patient and make sure that the whole family is consistently using the new method. By the way, Stop / Redirect / Praise is an effective way to change a wide range of unwanted behaviors like attention demanding and begging.