



Peninsula Humane Society & SPCA

Jumping-Up

Dogs jump up because they want to say hello, and we humans usually say hello back by praising, petting and rewarding them when they do. Often, we think it's cute and fun when they're puppies or when we first adopt them, because we want to show them how much we like them. It's hard to resist a cuddly pup when she's being affectionate. But, as the pup grows or the novelty of a new dog wears off, the jumping-up becomes obnoxious and tiresome. So, begin right away by not allowing or rewarding this behavior. Shouting at the dog often excites her further, causing her to jump up even more. Reprimanding in a sweet voice or gently pushing the dog away is just another reward for jumping up.

Four on the Floor

Teach Fifi that there are polite ways to say hello and receive attention. For example, teach her to SIT on command. When she's sitting, kneel down and give her a big hug and kiss. Your dog can't sit and jump up at the same time. (If she can, she deserves

a spot on the Letterman Show). Practice the training sessions over and over, whenever visitors arrive at the front door, or when meeting people on walks, or even when you return home. It will be difficult at first, but with every repetition, it gets easier, so be patient and keep trying. Instead of practicing once or twice a day, practice 20 minutes in one afternoon. Leave the house, then return home. As soon as you come through the front door, instruct Fifi to sit. Just stick with it until she sits, then praise and reward her. Leave again for a few minutes, then return. Keep repeating this sequence until Fifi learns what to do and gets lots of practice and opportunities to get it right. After 10-20 repetitions, you will see a great improvement. Now, have another family member do the exercises, then a friend, a visitor, and so on. If she does jump, turn your back to her. Turn back around and acknowledge her only when all four feet are on the ground. She will soon learn that jumping up does not get her your attention.

For more info, call our free Behavior Helpline (650/340-7022 x783 or, for Spanish, x786) or consider a low-cost consultation. To make a consultation appointment, call 650/340-7022 x667. The PHS/SPCA Behavior Department, like many shelter programs, is funded by donations.