

## Jumping Up

A dog jumping up is doing so for attention, therefore it's important that absolutely everyone ignores your dog when it jumps up to prevent the reward. This includes looking at your dog, touching it, speaking to it or even asking it to sit, as it will all be rewarding to your dog because it is giving it attention. If your dog continues to jump on people it's only because someone is rewarding the behaviour with attention. Consistency is the key.

### Offering Sits

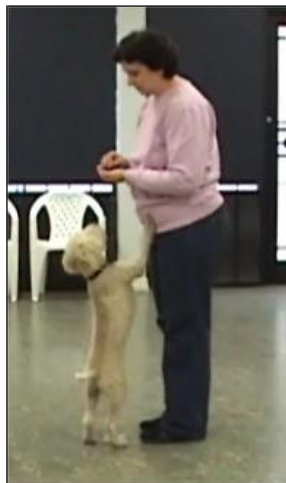
The purpose of this exercise is to teach your dog that sitting makes good things happen and that it doesn't get anything it wants until it is sitting.

Don't use the verbal cue or signal to sit for this exercise, as this exercise requires your dog to choose to sit without being asked. This way, the dog learns to sit when it wants anything and creates good manners.

### Procedure

1. Allow your dog to sniff the training treat then to stand up and wait. The moment your dog's butt hits the ground, give your reward marker "YES" and reward your dog with a treat.
2. Step away from your dog so it stands to follow you and repeat.

With a few repetitions your dog will realize that sitting makes good things happen.



Margaret Ann ignores Harley when he jumps up and rewards him when he sits