
JUMPING UP

Why do dogs jump up?

Instinctually, puppies will reach up and lick at the mouth and face of their mother and littermates to gain interaction. This turns into jumping as they transfer their efforts to humans. The motivation for the behavior is excitement and social interaction. Your puppy needs to know that jumping up is not a way to get attention from people.

Dogs will repeat behaviors that get reward. If the puppy is rewarded for jumping up by receiving pats and attention, then that behavior will get repeated.

Reward four on the floor

Reward the behavior that you want to see. If your puppy jumps up:

- Immediately withdraw your attention by turning away or standing still and not looking or speaking or touching your puppy in any way.
- As soon as your puppy stops jumping up and has all four paws on the floor, **quickly** reward this behavior with a treat and **calm** attention.

Your puppy will soon learn that four on the floor is much more rewarding than jumping up.

Teach an alternate behavior

Another way to teach your puppy not to jump up is to teach them to sit when you approach them.

If your puppy jumps up:

- Redirect your puppy into a “sit” which is a behavior incompatible with jumping.
- Reward the alternate behavior with a treat and **calm** attention.

Over exuberant praise is likely to result in your puppy jumping. If the alternate behavior of “sit” is reinforced enough, the puppy will begin to sit automatically.

It is important that everyone in your household also uses these methods when interacting with the puppy. It is confusing for the puppy if some family members allow jumping and others do not.

