



# Teaching Your Dog to Not Jump Up

Teaching your dog to *not* jump up is actually about teaching your dog *to do* a behavior that makes it impossible for him to jump up. Rather than teaching your dog to *not do* something, you will instead be asking him to do something he knows how to do that is incompatible with jumping up on you. You may use “sit” or “touch” or some other behavior as your alternate, incompatible behavior. Your dog must know the alternate behavior on cue in order to do this.

## How to use “sit” and “touch” as incompatible behaviors

### 1. Using sit as the alternate, incompatible behavior

When your dog starts to jump up, give your cue for “sit.” Treat when the dog sits. If the dog jumps up and does not sit, stand still and wait. Do not repeat the cue. Wait for the dog to sit, and treat when he does. You may want to toss the treat on the floor so the dog gets up and you have another chance to give the “sit” cue. If you need to back up a few steps, reward when your dog puts all four feet on the ground, then work towards a full “sit”.

### 2. Using “touch” as the alternate, incompatible behavior

When your dog starts to jump up, give your verbal cue and your hand signal for “touch”. Treat when the dog touches his nose to your hand. If the dog jumps up and does not “touch,” stand still and wait, moving your hand back to your side. Try again, placing your hand out for a “touch.” Wait for the dog to touch, and treat when he does.

If your dog is very motivated to continue jumping up, you may need to turn your body to the side or turn you back to the dog, potentially even taking a step away from your dog in order to get them to put all four feet back on the ground. If you’re having a lot of trouble, reward every time your dog puts all four feet on the ground and work towards using these other incompatible behaviors.

## Moving on

What you are working toward is having your dog offer your chosen alternative, incompatible behavior whenever he is approached by someone, without even having to give a verbal cue. In other words, the “cue” becomes the approach of a human. This requires consistency on the part of every person approaching the dog, so you need to enlist the help of all friends, family members, and guests that interact with the dog.

Remember NOT to reward the jumping up behavior in any way. This includes petting or hugging, talking to your dog, telling him “no!”, kneeling him in the chest, etc. Try to ask all guests to do the same.

## Tips:

- When a dog jumps up on you, he wants your attention. Remember, he is receiving attention if you push him away, knee him in the chest, or punish him in another way. Even though it is a “punishment”, you are still rewarding the behavior and the behavior will likely continue.
- When the dog realizes that he gets NO attention from you while he is jumping up, but does get rewarded when he stops jumping up and sits or targets your hand for a “touch,” he will stop jumping up and begin to offer the alternate behavior.
- Be patient and persistent; often the dog has been successful in getting attention by jumping up for quite some time, and it may take him a while to learn that this method no longer works.
- Try to catch the dog *before* he jumps up. Ask for a sit or a touch before he even has the opportunity to jump up.
- Be consistent. Every member of the household and everyone who enters the house MUST practice this technique with the dog.
- Remember that once you have taught him to come and sit quietly for attention, you must reward this behavior. Be careful not to ignore him when he comes and sits politely waiting for a reward.