

JUMPING UP ON PEOPLE by Wayne Hunthausen

1. From the beginning, every time the young pet walks up to a family member or visitor, it should be asked to sit, especially when children are present.
2. The key to changing this behavior is consistency. Jumping up should not be allowed by anyone at anytime. Appropriate behavior should always be calmly rewarded.
3. Avoid encouraging or rewarding the behavior. Even verbal or physical discipline can actually reinforce the behavior if it is not strong enough to interrupt it.
4. Train your dog to exhibit an acceptable response at greetings. You can use a sit and settle command or train it to expect a tummy rub when people enter the home. Encourage and reward the desired response.
5. Use a sharp noise, such as a shake can, as needed to interrupt the behavior. Don't use any method that involves a physical correction or discomfort, such as stepping on toes, kneeling the chest, pinching paws, alpha rolls, etc. or causes the pet to act anxious.
6. If your pet is incorrigible about jumping up on visitors, you may need to set up a training session that involves a series of repeated greetings.
 - a. Ask a friend to knock or ring the bell. Open the door for the person to enter.
 - b. When the pet jumps up, immediately say "No" and provide a sharp noise that will quickly interrupt the behavior without eliciting any fear or anxiety from the pet (e.g. shake can, whistle, airhorn). This can also be done by using a head halter and leash.
 - c. Ask the friend to leave and repeat the entrance and greeting.
 - d. Anytime the pet jumps up, interrupt it. Anytime the pet doesn't jump up, ask it to sit-stay and reward it with a very tasty treat.
 - e. Repeat the exercise until the ratio of rewards to interruptions is at least 5:1.

It is also helpful for family members to do repeated greetings involving interruptions and reinforcements as outlined above when they greet the pet.