



WHY DOES MY DOG.....

JUMP UP?

Before embarking on any training and behaviour modification programme you must remember that dogs only do what they find rewarding. A 'reward' can be something positive such as a pat, smile or titbit but it can also be something negative such as a smack, a glare or a raised voice. Dogs also find lots of behaviour such as digging, jumping up and barking 'inherently' rewarding i.e. they are 'normal' behaviours and therefore enjoyable for the dog to practise. They also exhibit these behaviours when stressed as a means of displacing their anxiety. All other non beneficial behaviours are quickly abandoned as dogs, as unlike humans, don't waste their energy on things that do not benefit them.

More often than not the 'jumping up habit' stems from puppy hood when your puppy was small and adorably cute and so actively encouraged to jump up for cuddles. Lavished with love, attention and affection your puppy quickly learnt that jumping up at people was extremely rewarding and definitely worth repeating. Unfortunately as he or she grew the behaviour became less appealing and very quickly you find yourself trying to put an end to it - it has now become a problem that needs rectifying. In order to stop the inappropriate behaviour we **MUST** identify what is motivating the dog to continue doing it / how he or she is being rewarded for it, remove this reward and teach an alternative, incompatible behaviour..

So you arrive back home from a visit to the shops, laden with bags. The dog is happy to see you so jumps up in greeting. You're wearing your good coat, so you reprimand the dog and push it away. You probably do so thinking you have demonstrated to your dog that this is not acceptable behaviour. Think again! You have just rewarded your dog even in telling him off - you made eye contact, you spoke to him (albeit something like - get off!) and you made physical contact. As far as your dog is concerned, the jumping up worked and he will do it again.

THE SOLUTION ???

The old-fashioned method might have recommended bringing your knee into the dog's chest to 'teach' him not to do it. But just imagine, you extend your hand in greeting to another individual, and get punched in the stomach in response! This form of physical correction does not actually teach the dog not to jump up but it does compromise your dog's welfare and can ruin your dog - owner bond.

So what can you do instead?

Teach the dog to do something else

The humane solution is to teach the dog to carry out an alternative / incompatible behaviour. Train the dog to do something that he cannot do at the same time as jumping up such as sitting or going to fetch a toy. As long as the alternative is being

rewarded to the same extent that we inadvertently rewarded the jumping up, the dog will eventually abandon the unwanted behaviour. (You must remember to praise the alternative good behaviour and not take it for granted.)

- **set yourself up for success** - before attempting a sit or find the toy with an excited dog, dying to leap all over someone, your dog must have mastered the alternatives and until that time you must manage it so your dog cannot mug visitors by placing them in another room until they are calm or keeping them on lead.
- **vary the praise when he doesn't jump up** - keep your dog guessing and teach him not to expect food as a regular and predictable reward by varying it between a smile, a gentle stroke and a titbit. Praise is a very useful tool in teaching your dog to behave, as he will quickly learn which actions bring which rewards, and that the results are always more rewarding when he chooses to practice good behaviour instead of bad.

Ignore the behaviour

Remember that in order to extinguish a 'bad' behaviour you must not reward it with a response. Instead the consequence of Jumping up **MUST** be the opposite of what they intended to happen. Each time your dog jumps up at you, turn away from him, ignore him and walk away (and remember: this means no eye contact, touching or speaking) If his four paws remain on the ground, reward your dog calmly - don't go over the top with the praise, as this may overexcite him and undo your good work

Some dogs' may get worse when you ignore them if this happens to you just go quiet and stay still they should get no feedback that may encourage them to continue.

It may be necessary to issue a time out as a consequence to the jumping up. This involves either you leaving the room for two minutes or you placing the dog in another room for two minutes. As soon as your dog jumps up, say "ah ah", in a normal tone of voice, then put him in another room for two minutes. Continue with this until the behaviour stops, this could be a long time! Remember never open a door to a noisy dog but when you do open the door ask them to do something that they can do, such as a sit and reward them for it. Then continue about your day. (Time outs are not recommended where the jumping up is a sign of stress.)

Involve you friends and family

Everyone who interacts with the dog must follow your new rules and not encourage the behaviour. If your dog continues to jump up regardless of your efforts it will be certain that someone is undermining your good work and rewarding the dog for this the jumping up. We cannot blame the dog if someone is still encouraging them to jump up.