

## Jumping Up

Dogs love it when their humans come home or when someone comes to visit. It's a very exciting event—one that often causes dogs to jump up to say, "Hello!" Some people love this enthusiastic greeting; others are a little overwhelmed with the paws and claws on their good work suit. As long as the jumping is greatly rewarded, it will continue. Dogs love it when we scream and jump around in response to their jumping. They think we are just as excited as they are even if we are actually angry. A polite sit and greet is important for dogs to learn if they want to be accepted by every human (Grandma may not find a jump and a lick in the face quite as endearing as you do). The following are some steps to try to help your canine companion learn appropriate greetings in a human world.

1. **Ignore the jumping:** Turn your back, don't look at the dog, don't acknowledge the dog's existence until the dog is sitting. The moment the dog sits, turn and greet your dog. If the dog is up and jumping again, turn your back, cross your arms and wait for the next sit. Depending on the age and enthusiasm of your dog, you may end up spinning around in circles to keep your back turned towards the dog. That's fine—but no talking, no eye contact, no pushing down on the dog with your hands. These are all too fun for the dog and will encourage the jumping. Eventually your dog will figure out that she gets attention when sitting but not when jumping, and since it is your attention the dog wants, then the dog will sit.
2. **Teaching Sit:** Now what if your dog weighs 90 lbs. and knocks you over whenever he jumps? That's a little hard to ignore. In this case it is important to teach your dog to sit first. Hold a piece of food in your hand when greeting the dog and keep the hand down low. Encourage the dog to sit prior to your greeting by bringing the food back over the top of the dogs head. This will help the dog go into a sit as he watches the food go over him. When the sit occurs, give the food and attention. Be sure to use a calm voice as not to excite the dog.
3. **Control:** You can also put your dog on a leash when people come to visit and have the dog sit at your side while greeting. Loop the leash under your foot to prevent jumping. Give the visitors treats to give the dog when greeting. The leash will no longer be needed after the dog realizes that people give treats when you sit and greet.
4. **Meet and Greet Party:** Throw a dog training party to help train your dog on proper greetings. Make invitations in the shape of a dog paw and explain how the party will go. People will have treats available for the dog at the door, as they enter, they ask the dog to sit and give a treat and some love. If the dog doesn't sit, they ignore the dog and walk on by. The dog will soon figure out that everyone entering the house expects a sit before giving any attention and treats. Have pizza for your guests to munch on as they exit the back door and file through the front door once again. Once greetings are over, you can move on to your guests helping the dog learn proper behavior with guests sitting on the couch, floor, etc. This is a great way to socialize and train your dog while also getting together with friends and family.
5. **Putting Jump on Command:** For those who like their dog to jump up on them, you can still allow your dog to do this WHEN YOU ASK FOR IT. That's the key. You must put the jumping up on a command, such as "Up" or "Jump" as you tap your shoulders or chest. Reward and praise the dog for up and then teach him "Off" and reward for an off and a sit. Soon your dog will learn to jump up only on command. It is best not to teach this command until your dog has mastered the sit to greet concept.