UNWANTED JUMPING ON PEOPLE

Jumping up is a common behavior problem among dogs, and while it's often meant as a friendly greeting, it can be annoying, potentially dangerous, and difficult to manage — especially for large breeds or when children and seniors are involved. Fortunately, with patience and consistency, you can teach your dog a more polite way to say "hello."

1. **Only Greet Your Dog When Their Four Paws Are on the Floor**

To stop your dog from jumping, teach them an alternative behavior like keeping all four paws on the floor, sitting, or lying down for greetings. When your dog follows the greeting rule, immediately greet them with praise and attention. Be consistent — don't let your dog jump on you one time and not the next.

2. **Give Attention Immediately When Your Dog Keeps Their Feet on the Floor**

Dogs repeat behaviors that earn them rewards. When your dog follows the greeting rule, give praise and petting right away. This helps your dog connect the behavior with the reward. If you delay, your dog might get frustrated and try jumping to get your attention.

3. **Remove Attention When Your Dog Jumps**

The key to eliminating jumping is to stop rewarding it. When your dog jumps, remove the reward — your attention. Turn your back or calmly walk away. Once your dog's feet are back on the floor, turn back and offer praise. This reinforces that keeping all paws down gets them the attention they want.

4. **Always Reward Proper Greeting Behavior**

Consistency is key. Always reward your dog when they follow the greeting rule. Don't withhold praise out of frustration with their jumping behavior. If you're consistent, your dog will learn faster.

5. **Avoid Physical Corrections**

When your dog jumps, avoid grabbing, pushing, or holding their paws. These physical actions can still be seen as attention or even a form of play for some dogs, reinforcing the jumping behavior.

6. **Don't Use Your Knee to Block the Jump**

Some owners try blocking their dog's jump with their knee, but this can be interpreted as play, escalating the jumping. Instead, focus on redirecting their behavior with attention when they follow the greeting rule.

7. **Keep Greetings Low-Key While Your Dog Is Learning**

Dogs are excited to see you, making it hard for them to control their natural urge to jump. Make it easier for them by keeping greetings calm and quiet. Once your dog starts following the greeting rule, you can gradually increase the enthusiasm of your greetings.

9. **Prevent Jumping on Guests**

To avoid reinforcing jumping, manage your dog's behavior around guests. Leash your dog or have them stay in a designated spot like a mat or crate until your guests arrive. You can also use a baby gate to keep your dog away from the door.

10. **Ask Guests and Strangers to Follow Your Greeting Rule**

Let your guests and others know that your dog is learning a greeting rule and should not be rewarded for jumping. Ask them to completely ignore your dog until you give the signal that it's okay to greet them. This helps prevent confusion and ensures consistent reinforcement of the behavior you want.