



Exercises to Reduce Jumping Up

When You Come Home

Pre-train sit using food rewards until the dog will sit on the word every time. Then, whenever you greet the dog after an absence, ask for a sit. If he jumps, go back outside, closing the door behind you. You greeting the dog is the reward now. Wait a few seconds and try again. After a few tries, most dogs sit. (But it's trickier, because he's excited, so be patient.) When he does sit, greet him by crouching down so he can greet you, and you can even give him a jackpot reward from treat stashed in your pocket.

Jumping on Other People

Practice the exercise above – where they repeatedly “withhold themselves” as reward until the dog sits. The next best thing is for you to arrange to have food rewards on you for a period of time so that you can pay sit in the presence of people greeting your dog. Over time, you can reduce and then phase out the food rewards. But do make him sit before anybody pats him, to keep the sit strong.

Avoid violent techniques such as yanking on collars or kneeling the dog: they are unnecessary and abusive.