



DOG CARE



How to stop your dog jumping on you

One of the easiest ways to stop a dog from jumping up on you is to teach and reward an incompatible behaviour. For instance, if you train your dog to sit or go to their mat in order to be greeted, this behaviour is incompatible with jumping on you – a dog can't do both behaviours at once.

Ignoring the Dog

If your dog wants attention do not give it to them, you should ignore them until they are performing the right greeting for you, e.g. sitting. Ignoring means completely withdrawing all interaction or attention from the dog. Not looking at the dog, not touching the dog and definitely no talking to the dog once you have given the initial request. Once your dog has all four feet firmly on the ground give them the attention they seek.



If this attention excites your dog then ignore them until they once again have all four feet on the ground. You may need to help them by teaching them the self-sit technique. (See self-sit technique fact sheet)

Soon your dog will learn that they can control whether they get your attention or not by sitting or greeting you calmly.

Calm greetings are essential for success

Never excite your dog when you get home or greet them. Ignoring them for at least five minutes will give them the opportunity to calm down and prevents you from inadvertently rewarding unwanted behaviours such as jumping.

Only greet your dog when they have completely calmed down. If you teach the self-sit technique, then this should be the only time you greet your dog (when your dog sits to greet you).

Should you require any further information or support please feel free to contact the Animal Aid team on 9739 0300 or email kennels@animalaid.org.au