

Jumping Up

What is the behavior?

Jumping up is a side effect of the physical difference in dog versus human height. Puppies especially, greet the faces of their senior dogs often with their paws on the face. Because our face is REALLY HIGH UP, the young pup is forced to get up there to greet. Adult dogs will also often jump up if the behavior has been reinforced and the dog has never been taught to do another behavior for greeting humans.

How do you modify the behavior?

Management:

- Manage your dog's ability to get to you at the front door through the use of baby gates or crate your dog while you are out. Use a Tie Down (please review our **Tie Down** handout) to manage your dog when visitors arrive.
- Have the dog drag a leash around the house (only when you're home) so you can step on it to prevent jumping up.
- In public, step on your dog's lead before you stop to greet people, so your dog cannot jump up on others.



Training:

- Make sure your hands are free of bags so you are prepared to respond to jumping behaviors.
- Bend down low and hold your dog's collar to greet him calmly. This provides very young dogs **air licking** possibilities, which is a normal behavior. Puppies should not be encouraged to lick your face directly. They will be satisfied with licking the air near you.
- Reward the dog who already has all four paws on the floor and reinforce that choice.
- Pay attention to your dog's front paws because they will often be dancing up and down just before there is a jump. If your dog jumps up it is a result of missing early signals that the dog is about to lift up his front paws.
- Play "Touch" and "Find It" to expel some of that energy and at the same time, giving your dog an opportunity to connect. (Please review our **Touch** and **Find It** handouts).
- Be proactive and cue an alternative behavior like "Sit" or "Wait." A suggestion is to practice these behaviors about ten feet from the door. Build duration on the sit as part of the work for dealing with jumping up. (Please review our **Sit** and **Wait** handouts).
- Asking for a "Sit" is ideal, but likely not achievable for a **very young puppy or a newly adopted dog** who may not understand the cue for sit, let alone being able to sit in an exciting setting.

- Be consistent, because while we often encourage puppies to jump up for greetings, we then discourage it as adult dogs. It's very difficult for dogs to understand when it's okay to jump and when it's not.

Relationship:

- The nice thing about your dog wanting to greet you is he LIKES you.
- Punishing this need to connect by ignoring, turning away, walking into him or spraying him with water, only hurts the relationship and does very little to teach the young dog what to do.
- Greeting and reuniting should be sincere and full of affection but avoid the frenetic, high arousal interaction.

Training Resources:

Marin Humane's **Behavior & Training** conducts various training classes. Sign up on our [Behavior & Training](#) page for the next available class series.

We also provide **Dog Training Instructors** and **Consultants** available for private training or consultations (on-site or in-home) at 415.506.6280 or OhBeHAVE@MarinHumane.org.

Remember to license your dog (It's the LAW)! If your dog gets lost, a license tag on your dog's collar is the fastest way to reunite you and your dog. Even if your dog is microchipped, a license tag is immediately visible and doesn't require a scanning device to read. For more information about licensing, microchipping, and other services provided by **Marin Humane**, visit us at MarinHumane.org or stop by at 171 Bel Marin Keys Blvd, Novato, CA.