

# JUMPING PROTOCOL

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For each step, follow the instructions as noted below. Repeat 20 times. If your dog stays in a sit, they earn the treat. If they jump up, they don't earn the treat that repetition. Just quickly ask for them to sit again, and start another repetition.

Once you've done 20 repetitions, head to another room in your home. Do 20 more! Then head to another room, and ten more. Once you've covered your whole house, you can start the next step. This may take a few days and *many* repetitions, and that's great!

Steps	Description	20 in each room?
Step 1	Count to 3 in your head as you slowly lower a treat down from above. If your dog jumps up, lift the treat straight up and try again. Reward your dog for not jumping.	
Step 2	Tap your chest lightly. Reward your dog for not jumping.	
Step 3	Tap your chest or leg more rigorously, with a bit of a dance, talking to your dog. Reward your dog for not jumping.	
Step 4	Ask your dog to sit, back away a few steps, and approach as you greet them joyfully. Reward them for staying seated.	
Step 5	Do 10 repetitions of each of the four steps above when you get home from an absence, right at the doorway. Leave a tin of treats near the door to practice this, or keep a baggin in your pocket.	
Step 6	Have friends or guests practice with your dog!	

## Why puppies jump.

Puppies jump up to say hello, quite simply. They don't know how humans prefer to be greeted, and it never occurs to them that they might knock us over or ruin our clothes. Thankfully, consistent anti-jump training can quickly solve the problem for good.

## Anti-jump training when you arrive home.

- Open the door a teeny bit. If your puppy jumps up, close the door.

- Repeat until you can step through the door without your puppy jumping up.
- If he jumps on you, turn away. If he keeps jumping, go back outside and start again.
- Whenever your puppy keeps four paws on the floor, praise and pet him.

### Anti-jump training inside your house.

- When your puppy jumps on you, turn your back to him or step out of reach. Ask him to sit, count to 3 in your head, then reward him.
- If your puppy keeps jumping up when you turn your back, walk away from him, ignoring him completely. If he follows and jumps again, remove yourself from the room for a moment or two, then return and try again. If he still can't settle down, it might be time for a nap!

### Anti-jump training when visitors come to your house.

- When someone comes to the house, put your puppy on leash before you open the door.
- Open the door and invite the visitor in. Ask your puppy to sit, and reward him for staying seated.
- Leave the leash on your puppy during the visit. You don't have to hold it the entire time, but if at any point during the visit your puppy jumps up on your visitor, grab the leash, and remind your puppy to sit or settle on his bed with a toy or chew.
- Remember to praise and reward him with pets and attention when he keeps four paws on the floor.

### Anti-jump training when you meet people on the street.

- If your puppy jumps up on someone approaching you on the street, remind him to sit and try again—if the person is willing.

Once your puppy can keep four paws on the floor in the above situations (and you have trained sit), begin to ask for a sit before he says hello. With time and practice, your puppy will automatically sit when he wants to greet people.

**Training Tip:** The key to anti-jump training is consistency. You can end jump-up greetings for good if you turn away every time.