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## Dog Care

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### Jumping Up

Puppies and dogs naturally jump up on people when they say hello. Why? Because we humans are taller than they are! Dogs greet each other by going nose-to-nose and they like to do the same with us—so it's perfectly natural for them to jump up on us to try to reach our faces.

#### What to do:

- [Teach the dog to sit](#) and to pull away from you (off) on command.
- There are various procedures you can try. See what works best for your dog:
  - Stand tall, look straight ahead, pull your hands up by your chest, say "Sit" and wait for the dog to sit. When the dog does sit, immediately look at the dog, kneel down, and calmly stroke the dog. If the dog jumps up again, stand up and repeat the steps.
  - Stand tall, look straight ahead, pull your hands up by your chest, say "Off." When the dog jumps on you, turn your body toward the wall so the dog can't reach your face
  - Stand tall, look straight ahead, pull your hands up by your chest, say "Off!" and continue walking into the dog. The dog will jump back to get out of your way. When all four feet of the dog's feet are on the floor, say "Sit!" and wait. When the dog sits, kneel down and calmly stroke him. If the dog jumps up again, stand up, walk toward him and repeat the steps
  - For this method, you'll need to recruit a friend to help. Have your dog drag a leash. Stand tall, look straight ahead, pull your hands up by your chest, say "Sit." When the dog jumps up, say "Off!" as the friend jerks down on the leash, in the direction of the floor. When the dog's feet are on the floor, say "Sit." When the dog sits, kneel down and calmly stroke him. If the dog jumps up again, jerk down again and repeat the steps. If a friend is not available and you are physically able, you can step on the leash yourself. As you stand on the leash, the dog will hit the end when he jumps up, and will correct himself back down toward the floor.
- Generalize the training by recruiting numerous friends to help you teach the dog not to jump on all people.
- Some dogs find it easier to grab a toy and shake it, rather than sit. Keep a toy by the door and direct your dog's attention to the toy when you enter.

#### What not to do:

- Do not become really excited when you greet your dog. Stay calm.
- Do not shout at your dog. This can get him more excited and cause him to jump up even more.
- Do not try to grab the dog or push him away. The physical contact will likely cause him

to jump up even more.

- Do not knee the dog in the chest, step on his back toes, pinch his front toes, or otherwise cause him pain or discomfort, when he tries to greet you or other people.

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