

BARK U Training Guide: Jumping on Furniture



Does your dog have a habit of jumping on furniture? While this behavior is common, it can be managed effectively by understanding your dog's motivations and teaching alternative behaviors.

Why Do Dogs Jump on Furniture?

1. Curiosity and Exploration:

Elevated surfaces offer new perspectives, especially near windows, where dogs can observe their surroundings.

2. Seeking Attention:

Dogs love to be near their owners, and even negative attention (like scolding) can unintentionally reinforce the behavior.

3. Comfortable Spots:

Furniture often provides soft, elevated, and cozy areas that dogs find irresistible. Ensuring your dog has comfortable alternatives, like plush beds or blankets, can help deter this behavior.

Prevention is Key!

Managing your environment is essential for preventing unwanted jumping.

- **Block Access:** Use pet gates, X-Pens, or block enticing views by closing blinds or curtains.
- **Provide Comfortable Alternatives:** Ensure your dog has plenty of soft beds, blankets, or designated spots to rest. Place these near the furniture they are tempted to jump on, and encourage their use with treats and praise.



- **Ignore Attention-Seeking:** Avoid reacting negatively when your dog jumps. Instead, redirect them calmly to a better behavior.
- **Supervise:** Prevent unsupervised access to furniture until your dog reliably understands the rules.

Teaching the 'Off' Cue

The "Off" cue teaches your dog to get down from furniture or other elevated surfaces on command.

Step-by-Step Guide

1. Start in a Calm Setting:

- Choose a time when your dog is relaxed and on the furniture.

2. Lure Them Off:

- Hold a treat near your dog's nose and slowly guide it toward the ground.
- As their paws touch the floor, say "Off."

3. Reward Immediately:

- Reward with a treat and praise as soon as they are off the furniture.

4. Practice Regularly:

- Repeat this exercise until your dog responds reliably. Gradually phase out treats, using praise as the primary reward.

5. Catch Them in the Act:

- If your dog jumps on furniture, calmly use the "Off" cue. Avoid shouting or physically forcing them down.

Training an Alternative Behavior: Mat/Place Training

Mat training offers your dog a designated, comfortable spot to rest instead of jumping on furniture.

1. Choose a Mat or Bed:

- Place it near the furniture your dog likes to jump on.





2. Introduce the Mat:

- Encourage your dog to sit or lie on the mat using a cue like “Go to your mat.”
- Reward them with treats and praise for staying on the mat.

3. Build Duration:

- Start with short intervals and gradually increase the time they stay on the mat.
- During high-temptation times (like family gatherings), direct your dog to the mat and reward calm behavior.

Tips for Success

- **Consistency:** Make sure everyone in the household uses the same commands and rules.
- **Patience:** It takes time to redirect ingrained behaviors—stay positive and persistent.
- **Reinforce Good Choices:** Praise your dog when they stay off the furniture or choose their designated spot on their own.

