

BARK U Training Guide: Jumping on Guests

Understanding the Behavior



Jumping up is a common behavior dogs use to seek attention or interact at your level. While it may seem cute at first, it can quickly become problematic, especially when guests are involved or you have a large dog. Here are some reasons why dogs might jump:

- **Expressing Frustration or Desire:** If your dog isn't getting attention because you're focused on guests, they may jump to reclaim your focus.
- **Seeking Attention:** Even negative attention (like scolding) can reinforce the behavior.
- **Previous Reinforcement:** If jumping has been accidentally rewarded in the past, your dog may continue to do it.
- **Anxiety:** Some dogs jump because they feel anxious around new people or unfamiliar environments, seeking comfort or reassurance through this behavior.

Ways to Stop Jumping

Prevention Is Key

The best way to stop jumping is to prevent the behavior from happening in the first place. Managing your dog's environment and ignoring the behavior helps set them up for success.

Managing

- **Use Pre-Arrival Treats:** Before guests enter, scatter high-value treats on the ground to keep your dog focused and engaged. Continue placing treats on the floor as guests greet your dog.





- **Manage Excitement Levels:** Keep greetings calm and low-key to prevent overstimulation.
- **Use a Crate or a Tether:** If you know you have a guest coming, try putting your dog in their crate or on a tether to help manage the environment.

Ignoring and Redirect

- **Ignore Jumping Completely:** No eye contact, no talking, and no touching. The more you touch and give attention to a jumping dog, the more you are reinforcing the behavior.
- **Redirect to Something Fun:** Calmly redirect your dog to an appropriate activity, like sitting or playing with a toy.

Ways to Stop Jumping

Training an alternative behavior provides your dog with a positive and productive way to channel their energy and meet their needs without resorting to unwanted behaviors like jumping. By teaching and reinforcing behaviors such as "sit" or "go to your bed," you give your dog clear guidance on what's expected, reducing their confusion and frustration which can help create a calmer environment.

1. Teach "Sit" as a Default Behavior

- Redirect jumping into a simple behavior like sitting.
- Practice having your dog sit in situations where they would normally jump. Reward calm, seated behavior.

2. Use "Place" or "Go to Your Bed"

- Train your dog to go to a mat or bed when guests arrive.
- Reward your dog for staying calmly in this spot while guests enter and greet them.
- Start small—reward your dog just for getting on the mat, then gradually increase the challenge by asking them to stay there for longer periods or during greetings.





3. Reward "All Four on the Floor"

- The moment your dog's feet are on the ground, mark the behavior (e.g., say "Yes!") and reward them with treats or praise.
- If your dog jumps again, immediately turn away and ignore them. Repeat until they understand that only calm behavior gets attention.

Key Tips for Success

- **Consistency Is Critical:** Ensure everyone in your household and your guests follow the same rules to prevent confusion.
- **Reward Calm Behavior:** Be proactive about rewarding calm, desired behaviors before your dog has a chance to jump.
- **Practice Makes Perfect:** Regularly practice these techniques during calm moments, so your dog is ready to succeed in high-energy situations.

With patience, practice, and consistency, your dog will learn that polite, calm greetings are the best way to get the attention they crave!



barku.com



training@barku.com



(215) 486-2200