

Jumping

On People Or Furniture



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Jumping up on someone isn't in itself always wrong. Jumping without an invitation should be. Not everyone that a dog jumps on is going to be thrilled, and even those that might otherwise enjoy the interaction won't be thrilled if they're wearing dress clothes, are carrying packages, have an injury, etc. The elderly may not be able to counter-balance the dog's weight. Jumping on a child can result in scratches and upending. A dog that jumps on furniture without permission can upend a glass of red wine or scalding hot coffee not to mention the consequences if there's an infant in a carrier.

Bottom line there are far more contexts where jumping is unwelcome rather than welcome, so it's best to teach a dog that unless they hear an invitation word, I use the word "Cuddles," they must keep "four on the floor" - No Matter What.

This is always best accomplished in stages with the assumptions found on the next few pages.

Relationship Assumption

The relationship between the dog and the owner is more than a roommate. It's hard to teach when the connection isn't an established authentic teacher/student. Just ask a substitute teacher. Attempts to teach a dog that still sees their owner as a roommate will not only have no impact it can make things worse. If you have doubt as to whether your dog currently sees you as a loving teacher as opposed to a great roommate let's chat first. (john@askthedogguy.com or 519-457-9559)

Triggering Is Better Than Waiting Assumption

Don't just wait for jumping to happen. It's far easier on a dog (and the owner) for the owner to trigger a jump rather than waiting to be jumped upon.

We don't wait for a problem or an incident when teaching manners and skills to children. "What do you do when a stranger in a car asks you to get in?" "Look both ways before . . ." "Say please and thank you." etc.

If you just wait for your dog to jump:

1. It's not always convenient.
2. The timing is less accurate.
3. There aren't usually enough opportunities to get the message across.
4. It's harder for the dog to understand. (See below)

It's Harder For The Dog To Understand

You have to wait until after a dog has erred and the error has been corrected to reward a dog with a "Good Boy/Girl!" It usually plays out like this, the dog jumps, and the dog's owner says, "No!", followed by a "Good Boy/Girl!".

This is usually because you are reacting as opposed to triggering. However, when you're triggering the behavior as opposed to being caught off guard you can make it far easier for the dog to understand what's right and what's not, in your game of you're warm/you're cold by rewarding the dog with your voice and body language just before you trigger the jump and switch to the cold version of your tone and body language. More on that in a moment.

Slow Is Fast Assumption

You don't teach children to do geometry at the gateway of Disneyland so don't start teaching your dog to stop jumping by beginning with arriving guests. Break the discouraging of jumping into smaller steps, and you will learn that what may seem slower is actually far faster and easier on all involved in the long run.

Start to teach your dog not to jump on:

1. Adult members of the household first.
2. The balance of household members second.
3. Friends and outside family third.

4. Strangers, fourth.

Context Is Very Important Assumption

For the short-term, particularly if it's a safety concern if the dog has to be exposed to other jumping targets (# 2 - 3 above) use the leash or a crate to keep them separated.

There are a few reasons for this but a fundamental reason it's always critical to consider context from a dog's perspective. We want to train in such a way that it becomes clear to the dog that:

1. The dog isn't bad. Jumping on a person without an invitation trigger word (i.e., Cuddles) is bad.
2. Friends, strangers, children, etc aren't bad. Jumping on friends, strangers, children, etc is bad.
3. Jumping on furniture isn't bad (or is, if that's your preference). Jumping on furniture without permission is wrong.

There's far less risk of a dog mistakenly connecting guests are 'bad' as opposed to jumping on guests are bad if you start off by just teaching the dog to not jump on you. If you've been doing your teacher/student exercises, I mention in my seminars, books and in-home training sessions your dog knows or has a pretty good idea who is the teacher and who is the student, understands tone and body language that means, "You're cold!", and "You're warm!" Combine that with the knowledge that he or she is loved and if you teach the dog that jumping on you without invitation is a big no-no your dog isn't going to need therapy. He or she just learn not to jump on you. At that point and not before you move on to the next level of stimulus as listed above.

As a result, begin teaching your dog not to jump initially involving only the adult members of the household perceived by the dog as teachers.

'Rule Of Three' Assumption

It's not likely that in his or her own mind your dog thinks he or she is doing something terrible. Your dog doesn't speak English so with only tone and body language to go on it's going to take a little repetition to connect the dots. Each training segment to not jump is short and to the point, has three quick repetitions and the dog is given a break. Details in a moment but remember if by the third repetition you don't see an improvement and especially if things are getting worse or your dog seems confused, call me.

Three Day Rule Assumption

The more robust the foundation during the early stages the easier, the more difficult triggers will be, so it's worth being sure you have three honest consecutive days of success in before moving forward.

Therefore, before you escalate the level of complication, shoot for three days in a row of being unable to trigger a jump in the context of what you chose for your first level of difficulty, and then the next level, and then the next level. It might take a week to get three days in a row. It might take two weeks. It shouldn't take more than a month. If you're not seeing improvement, call me.

Leash and Collar Common Sense Assumption

The leash and collar are not tools of correction. You are the teacher, and it is the teacher's tone and body language that will guide the dog.

The leash and collar is a means to interrupt a physical act (jumping) and to get a dog's attention if he or she is distracted, not to create a painful experience. They can be used in that manner and pain is indeed one way to learn to stop doing something, but it is also a very crappy way to learn and generally speaking, isn't necessary.

Leashes and collars are almost always used in a 'Might Is Right' manner when any or each of the following is the case:

- The dog owner hasn't first learned how to live with a dog so that their dog has come to understand the owner is the teacher and he or she is the student.
- The dog has come to believe he or she can physically overwhelm the owner.

When the leash is required to interrupt a physical act or to acquire attention, and in the early stages of training it often will be, it is accomplished by a sideways pop on the leash with the level of rigor appropriate to achieve this and nothing more. If you ever think the situation requires anything that might cross the line into causing a dog physical pain or injury - STOP. There is a mistake being made. A step has been missed somewhere. Call me or email me instead.

Tone and Body Language Assumption

Your dog doesn't speak English so don't worry about what words you use to convey the idea you're not pleased. It's not what you say, it's how you say it. You can just say, "You're warm.", or "You're cold." "Yes," or "No." "Republican," or "Democrat." It doesn't matter, just be clear with your tone and your body language and your dog will understand.

That said, you don't need to stray into the tone and body language that conveys, "BAD DOG!". Embrace overall energy for each lesson that makes it more game-like than life or death.

TRIGGERING

Make No Jumping ‘The Flavor Of The Week’

- While you’re sitting in a chair.
- Every time you get out of a chair.
- Every time you sit down.
- When you pat the couch, chair or your knee when you’re sitting.
- When you stand up.
- Inside the doors, you take the dog out, and the guests come in.
- Outside the doors, you take the dog out, and the guests come in.
- Ring a wireless doorbell that has the same sound as your regular doorbell. Keep a button in your pocket and/or in the family room and kitchen.
- Ring your actual doorbell.
- When you knock on your door.
- At the bottom of the stairs (not the top for hopefully obvious reasons).
- In the kitchen.
- Holding food in your hand.

- Pretend to talk on the phone.
- You pat/tap the coffee or kitchen table when there's food on it.
- You pat/tap kitchen counter.
- You pat/tap the kitchen table.
- Patting your bed.

A Typical Rule Of Three No Jumping Lesson

(When The Jumping Is Triggered)

Before you begin each lesson be sure of the following:

Your dog isn't overly tired, overly hungry or has excessively pent up energy because he or she hasn't been sufficiently physically active.

You are in your home where the distractions are more under your control.

You have the leash in hand, and it's attached to a collar (or harness for physically frail dogs).

The collar or harness will not slip off.

The collar provides sufficient leverage to keep your dog from physically overwhelming you.

The collar provides leverage enough to allow you to interrupt your dog more easily.

The collar provides leverage so that a pop of the leash is sufficient to get your dog's attention in the calmer context of inside your home.

You understand that a leash and collar are not for correcting (hurting) a dog. They can be used in that manner and often are. Our goal is to keep the dog from physically overwhelming you,

interrupting physical behavior and getting a distracted dog's attention. You correct your dog, not the equipment.

You're not correcting so much as guiding. It's a game of, "You're warm! You're cold." It is not, "You're cold, You're cold, You're cold."

Learning Not To Jump

Act One Scene One

YOU

Pick up the leash grip at about the midpoint area as opposed to the handle so you can more quickly and easily provide your dog with direction.

Begin to praise your dog using both tone and body language while you're saying something like, "Good boy!" or "Good girl!")

YOUR DOG

Your dog is thinking, "Cool, I'm a good boy or girl!"

YOU

You trigger the first jump by patting your chest, or some such stimulus is known to trigger a jump.

The split second the dog jumps or better yet in your estimation your dog even looks like he or she is thinking about jumping, use the leash to disrupt the jump and get the dog's attention and change to 'you're cold' tone and body language.

YOUR DOG

Your dog is now thinking, "What the heck! What just changed?"

YOU

The moment you notice those thoughts running through your dog's head or even just the moment things are moving, no matter how slightly, from jumping to not jumping you switch back to "Good boy!" or "Good girl!"

By no matter how slightly I mean as opposed to the dog has all feet entirely back on the floor and halo in place, switch back to "Good Boy/Girl!" For example:

- ◆ "Good dog, that's the best 1/1000th 😊 of a second of not jumping on me!"
- ◆ "Good dog, thanks for at least hesitating before you jumped on me!"
- ◆ "Good dog, thanks for returning those feet to the floor!"

YOUR DOG

Your dog is likely now thinking, "I'm a good boy or girl again? What just changed?"

YOU

You trigger a second jump in the exact same way and again the split second the dog jumps or better yet in your estimation your dog even looks like he or she is thinking about jumping, use the leash to disrupt the jump and get the dog's attention and change to 'you're cold' tone and body language.

YOUR DOG

Your dog is likely now thinking, "What happened to I'm a good boy or girl? I want to be a good boy or a girl. Wait for a second, I wonder if it has something to do with jumping? That's the only change I can see."

YOU

The moment you notice those thoughts running through your dog's head or even just the moment things are moving, no matter how slightly, from jumping to not jumping you switch back to "Good boy!" or "Good girl!"

YOUR DOG

Your dog is likely now thinking, "Oh thank goodness, I am a good boy or girl? I want to be a good boy or a girl. Wait for a second, I wonder if a good boy or girl has something to do with NOT jumping? That's the only change I can see."

YOU

You trigger a final (for a while) third jump in the exact same way and again the split second the dog jumps or better yet in your estimation your dog even looks like he or she is thinking about jumping, use the leash to disrupt the jump and get the dog's attention and change to 'you're cold' tone and body language.

YOUR DOG

Your dog has now either moved somewhere between being slightly suspicious to highly suspicious or with any luck at all, the conclusion that

you may be teaching him or her that good dogs don't jump. "Good dog is going again! I want to be a good boy or a girl. Wait for a second, I wonder if it has something to do with jumping? That's the only change I can see."

YOU

You confirm those suspicions the moment your dog, no matter how slightly, has moved from jumping to not jumping with more enthusiastic expressions of, "Good boy!" or "Good girl!"

End of Scene and Intermission (Take a Break)

Cuddles (If And When You Want Your Dog To Jump Up)

Isn't this confusing? More confusing than simply no jumping ever but nothing a normal dog can't handle.

Begin all the Trigger Training outlined early by first saying "Cuddles" and patting your chest or the couch or the bed and reward your dog with your tone and body language when he or she jumps up. Do it three times in a row ('Rule of Three') and immediately follow up by triggering a jump without out saying, "Simon Says/Cuddles" and responding appropriately (again, no life or death, more, "You're warm, you're cold.")

In essence, you simply do everything described earlier but in a manner that mirrors a game of 'Simon Says.' Instead of saying, "Simon Says," you say, "Cuddles" or whatever you want to use to convey permission to jump.

Additional Recommendations

Set An Actual Goal

1. Every day I will ...
2. In one week my dog will know not to jump when ...

Send your goals to me if you want to be harassed with accountability: john@askthedogguy.com

Track Your Progress

I'm providing a PDF that you can use to chart your progress, but you might find it easier to download a goals app for your phone. There are a lot of free ones, and the paid ones aren't that expensive. If you find one that particularly suits, let me know, and I'll let others know.

**Your Goal is to Have 3 Consecutive Days In A Row
Before Making Things Moving From Jumping On You To Others**

Day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Sample (X marks 1 day of success)	X					X				X	X				X	X						X	X	X	(3 days in a row.)			
1. While Sitting In A Chair																												
2. After Getting Out of A Chair																												
3. After Sitting Down																												
4. Patting The Couch Or Chair																												
5. Upon Standing Up																												
6. Inside the doors you take the dog out and guests come in.																												
7. Outside the doors you take the dog out and guests come in.																												
8. Door bell ringing																												
9. Door knocking																												
10. Bottom of the stairs																												
11. In The Kitchen																												
12. Waving food and treats around																												
13. Pretend talking on the phone																												
14. Patting the kitchen table when there's food there.																												
15. Patting the kitchen counter with and without food on it.																												
16. Patting the coffee table when there's food on it																												
17. Patting the bed you sleep in.																												
18. Other:																												
19. Other:																												
20. Other:																												