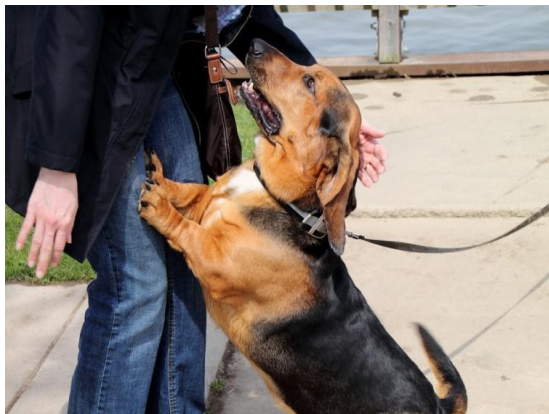


# STOP JUMPING MOUTHING NIPPING BARKING



## Why do we teach dogs not to jump on us?

Sometimes we love it and sometimes we don't, but we shouldn't expect our dogs to know when this behavior is acceptable, or that it's unacceptable for our children or the elderly. It's not fair to them.

Mouthing, nipping and barking at us are also attention seeking behaviors that most of us don't like.

## How do we teach dogs not to jump on us?

Our natural primate instinct is to reach out to another animal when they make contact with us. If their affection is welcomed we open our arms. If it is not, we use our arms to push them away. **Both of these actions are actually giving our dogs the attention they're seeking and reinforcing the behavior, even if you say no while pushing them away.**

Teaching your dog not to jump on you is actually really simple, but it takes some practice on our part to change our response to this behavior. Here's what to do when your dog jumps on you:

- Don't speak to him, look at him or touch him with your hands, simply turn your body and head away.
- As soon as your dog stops jumping, turn back around and give him attention.
- Repeat this response every time they jump on you.
- **Be consistent.** Inconsistency will teach your dog perseverance pays off and the unwanted behavior can become even stronger than before.

All your dog wants is your attention and by taking it away from them when they jump, mouth, nip or bark at you, you're teaching them that these behaviors will make them lose your attention. It's important though to turn back around and give them attention when they're not engaging in these behaviors.

Many dogs will modify their attention seeking behaviors within just a day or two, but don't fret if that's not the case for you and your dog. It may also take weeks, depending on how long they've practiced these behaviors.

**NOTE:** This same technique is how we get our dogs to stop, mouthing, nipping or barking at us.

**PRO TIP:** Get everyone in the house to follow these guidelines. Your dog needs consistency.