



## POLITE GREETINGS

My dog runs at the door and jumps on people who enter my home. What can I do?

Dogs can be very excited when you return home, or when you have guests over. A dog jumping up is one way they can interact with someone when they are excited. Jumping up may have been reinforced when your dog was a puppy and is a continued human-taught behaviour, any attention that is rewarded for jumping such as punishment-based such as pushing them down, or telling them no is still reinforcing attention and therefore does not discourage jumping.

To change your dog's behaviour, think of what you would like your dog to do instead and teach them this. 'Sit' is a great alternative to jumping up. Start by teaching your dog to sit by hand signal every time he approaches you for a high-value food reward and your attention. Gradually phase out food treats when the behaviour is 95% learned and can be reliably repeated. If your dog jumps up; leave the room or turn your back to ignore it and try again with your sit cue. Reinforce the behaviour you want to see more of and consistently each time. A hand signal sit is easier for a dog when they are overstimulated rather than repeating a verbal cue.

Next practice with family members entering the home. Provide them with treats before they come in, either leave them accessible outside the door or have a container at the front door readily available. When they enter have them ask your dog for a sit either by hand signal or verbal queue. (Hand signal is an easier form of communication for your dog when they are excited) When your dog sits for them have your family members reward with treats and attention. If your dog jumps up have your family member leave out the door, wait 3-5 seconds and try again until your dog sits for attention and rewards. Removing the reinforcer (person and attention) will help your dog realize jumping makes it go away.

Finally, when your dog is reliable with sitting with people he knows, practice with visitors using the same setup.

Manage the environment, especially when you have no food, or someone gets too excited when greeting your dog. If you know your dog is likely to jump, have them on a leash, and gently step on it to make sure they don't have the chance to practice jumping. But give them enough room to sit comfortably. Use this method until they prove that they are ready to sit or stand during greetings without your foot managing the leash/their freedom. If your dog jumps on someone, lure them away with a treat in your hand but don't give it to them and redirect them to sit.



When your dog is sitting, they can greet the person again. Ask them to sit right as they show up to the person and feed them as they greet. In training, repetition & consistency is everything. It will take between 20 to 100 repetitions for your dog to understand.

If you find you are struggling with training your dog to politely greet people, you can always call our behaviour outreach line at 403-723-6019 or book a consultation via our website <https://www.calgaryhumane.ca/what-we-do/animal-training/private-consultations/>