

Pringle Pawz



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# Dog Training Guide: Curbing Jumping Behavior

## Why Dogs Jump

Dogs jump mostly out of excitement or to get attention. It often starts in puppyhood and gets reinforced when people pet or talk to them while they're jumping.

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## Step-by-Step Guide

1.

### Understand What Reinforces Jumping

Jumping is usually reinforced by:

- Eye contact
- Talking
- Touching the dog (even to push them off)

2.

### Teach an Incompatible Behavior

You want your dog to do something else instead of jumping—like sitting.

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## Basic Rules to Follow

### DO THIS

Turn your back when the dog jumps

### DON'T DO THIS

Don't push the dog off

Ask for a sit before greeting

Don't yell "no" or scold

Reward calm behavior

Don't reinforce jumping with attention

Be consistent

Don't let jumping sometimes be "o



## Weekly Training Routine



### Week 1–2: Foundation – Stop Reinforcing Jumping

- Daily Routine:
  - Every interaction: If dog jumps, turn away. No talking or touching.
  - Once all four paws are on the ground, or dog sits → reward calmly.
  - Practice "Sit" in low-distraction environments.
- Training Sessions (2x/day for 10 minutes):
  - Practice "Sit" at the door, before meals, before toys.
  - Use treats to reinforce calm sits when people come near.



### Week 3–4: Adding Distractions

- Practice with Others:
  - Have a friend help. They approach → if dog jumps, turn and walk away.
  - Try again. Dog only gets greeting if all 4 paws on the ground or sitting.

- Doorbell Routine:
  - Ring doorbell.
  - Ask dog to sit before opening the door.
  - If they jump—close door, wait 5–10 seconds, try again.



## Week 5+: Generalize & Maintain

- Practice in different environments (park, vet office, etc.)
  - Keep reinforcing good greetings with treats and praise.
  - If regression happens, go back to basics for a few days.
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## Tools That Help

- Treat pouch – To quickly reward good behavior.
  - Leash – Use a leash indoors if your dog is very persistent, to gently guide them into a sit.
  - Mat Training – Teach your dog to go to a mat/place when people come in. (“Go to your place” cue.)
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## Front Door Protocol (Jump-Free Greeting Routine)

1. Knock/ring bell.
2. Ask for “Sit” before opening the door.
3. If they get up, close door, wait 5 seconds.

4. Repeat until they remain calm.
5. Only allow greeting when dog remains sitting or all paws on floor.



## **Success Checklist**

- Dog offers “sit” automatically for attention.
- Greets visitors calmly.
- Responds to “sit” even when excited.
- No longer jumps when leashed and approached.