



## **HIGHLY EXUBERANT DOGS** **(Jumpy Mouthy Dogs)**

Dogs who jump up and mouth are either trying to play, saying hello, or trying to get attention. They are usually adolescent dogs who have not been trained to have good manners.

If you follow the recommendations below, you will be able to teach your new canine family member not to jump on people and mouth them. It's pretty simple! Encourage your dog to play and greet politely and discourage the unacceptable behaviors of jumping up and mouthing.

**ENCOURAGE** your dog to play and greet politely. Make sure you praise your dog each time he or she does what you ask.

- Teach your new dog to play fetch with either a ball or a plush toy.

Praise for picking up the toy. Praise for bringing it to you.

- Teach your dog that you will not greet him unless he sits. Praise your dog for sitting.
- Whenever you do things that bring on jumping or mouthing (petting, leashing), offer your dog a favorite toy. To make the toy come "alive", toss it away from your dog.
- Make sure your dog gets plenty of exercise. An easy way to do this is to set up play times with other dogs. A game of fetch or tug is also a good way for your dog to burn off energy.

**DISCOURAGE** unacceptable jumping up and mouthing behavior.

- Let the dog clearly know that you are not interested in this form of play by:
- Turning your back on your dog and becoming a "statue" (stand still, cross arms, and close eyes).
- If your dog does not get the idea, give him a three- to five-minute time out. Either walk out of the room, crate/tether the dog, or put him in a quiet room alone.
- Avoid wrestling games with your dog. Although both of you may like this kind of game, it encourages your dog to play roughly with people.

**NOTE:** Some frequently recommended methods to stop jumpy/mouthy behavior such as "kneeing", grasping the dog's feet and squeezing, grasping the dog's muzzle or scruff, often make matters worse. Many dogs misinterpret these behaviors as play and think that they are fun. As a result, the jumpy/mouthy behavior gets worse instead of better.

## **JUMPY MOUTHY TRAINING TIPS**

**TREATS:** Have treats with you. Treats usually motivate the dog to do what you ask and you can throw treats away from you on the ground to move the dog away from you if the dog is mouthing you.

**FREEZE:** When the dog starts to mouth, jump or bite at the leash, you should freeze and stop walking. Do not try to tug the leash out of the dog's mouth – pulling on the leash rewards the dog for its inappropriate behavior with a game of tug.

**NO TOUCHING OR PUSHING:** Do not touch the dog or push at the dog when it jumps on you. Turn your back to the dog and pull hands up against your body away from the dog.

**SAY PLEASE:** Ask the dog for a "SIT". The dog cannot jump/mouth and sit at the same time.

**STEP ON LEASH:** If all of the above are not helping, step on the leash to hold the dog down from jumping and stop it from mouthing

**LEAVE IT:** For dogs that grab, chew, or pull on the leash, use and teach the cue "leave it". If the dog grabs the leash, wave a treat in front of the dog's nose and mouth. It is very difficult for the dog to mouth the leash and sniff to receive the treat at the same time; the dog will likely drop the leash in order to get the treat. Add the cue "leave it" before you wave treat. Ideally, you should also teach the dog to 'leave it' during training sessions where the dog is not grabbing the leash.

**TOYS:** If the dog likes toys, try substituting a toy for treats. You can also have the dog carry a ball or toy in their mouth when leaving the kennel and on walks.

**DELIVER TREAT LOW:** If playing in the yard and the dog is jumpy, as the dog starts to come to you hold the treat low at knee level, so as they come racing in they will stay on all four feet to get treat.

**BEHAVE CALMLY TO CREATE CALM BEHAVIOR:** Speak confidently, calmly, and quietly to the dog, and pet with long, slow strokes (as opposed to rapid patting). Your confidence and calmness can help to settle the dog