



# TEACHER'S PET DOG TRAINING

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## Problem Behaviors: Jumping

Many trainers would have you use aversion techniques to stop problem behaviors. There are risks associated with this strategy. Dogs are social animals, wanting interaction with others. If you squirt water, provide a shock, or use loud noises, you are inadvertently eroding the trust your dog has with you. You create an internal conflict within your dog wanting to be with you and trying to avoid an unpleasant experience with you. I would advocate building on your dog's tendency to be with you by making alternate behaviors more rewarding than unwanted behaviors, like jumping. Remember, that jumping is a very natural behavior to a dog.

### Let's begin

**Make an alternative behavior fun:** "Sit", "Sit-Stay", or "Go To Place" are all behaviors that are incompatible with jumping. Build and strengthen these behaviors through fun, interactive games. Once your dog finds these alternative, incompatible behaviors more rewarding than jumping, your dog will stop jumping to get attention.

**Make Jumping not rewarding:** Ignore your dog when he jumps by standing still, like a tree, cross your arms, turn your back. Only reward, using treats, or attention, when the dog is performing an alternate behavior.

### Sit Games:

**Capture the Sit:** Reward the dog the precise moment the dog is sitting.

**Lure and sit:** Use a food lure and move with soft and smooth movements throughout a small space with little distractions. As you stop, use the lure to manipulate the dog's nose up. This results in the dog going into a sit. Praise and reward. Repeat.

**Sit Game:** Move without the lure, and coax the dog to come to you and present the sit cue, when the dog sits, praise and reward. Start in front of the dog, then move side to side, going backwards, then mix it up. Make this fun and exciting but not so much that the dog begins to jump and lunge for your hands.

**Suddenly Settle:** Get the dog excited using playful movements, dodging and fleeing. Suddenly, ask the dog for a sit and say, "Sit-Settle." Stand still and remain still until the dog's focus is on you in a sit position, praise and reward. Repeat.

**Dog must sit to earn a reward:** Dog sits before exiting the house, must sit before being fed, must sit before receiving a toy, sit before playing a game. The sit becomes an expected behavior for wonderful things to happen. (This is known as the Premack Principle)

### Place Games:

**Find it:** Say "Find it" then toss a treat in no particular direction. The dog will follow the treat and eat it.

Immediately say, "Find it" and toss a treat in another direction. The dog will follow the treat. Continue and you will find the dog will begin to follow your hand directions without a treat.

**Introducing the Place:** While the dog is focused on you, move towards the designated place, put the treat on the "place" and when the dog touches the "place" to eat the reward, you mark the behavior with "yes" or a click from a clicker. As he looks at you after eating the treat, toss a treat away from "place" without saying anything and begin again. Next build on this behavior by using the word "Place" prior to motioning towards the place. Your dog should begin to move to the place when signaled without a treat.

**Duration on place:** Ask dog to go to place and lure into sit. Put your hand out as in a "stop" motion and slowly step back, saying "good" then return to dog to give treat. Dog should remain in the sit position. Don't be stingy, use the jackpot reward when dog offers a good sit-stay.

**What it should look like:** You come home from work and your dog runs to greet you, you give the sit cue and when he sits, praise and reward. If you see he is about to jump, use the no reward marker, "eeh-eeh" and turn your back, go back outside and wait a few minutes and begin again. If your dog is having difficulty, have friends come and visit and practice coming through the door. Have treats ready to dispense when the dog is in a sit-stay. Reverse roles. You can place your dog in his "Place" when you see guests arriving. Makes sure your dog is in a good sit-stay and can come calmly to greet your guests. If not, return the dog to the place and repeat. You may need to have your dog on leash during this phase of training. Strengthen the Sit and Place Games by training 6-8 times per day, 3-5 minutes each session.