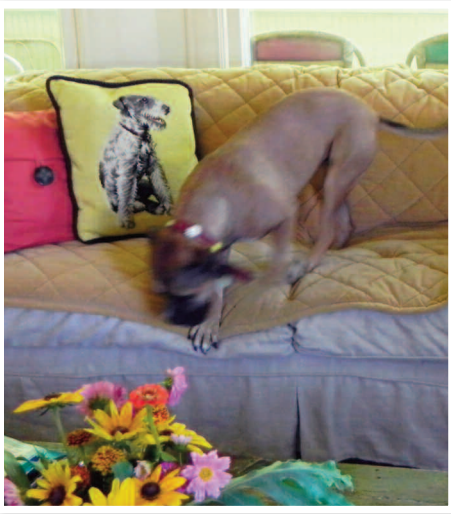


OFF

THE COMMAND: “Off“ means to get off of a person or an item of furniture. To avoid confusion, refrain from using “down” when your dog jumps on you (or on furniture).



HOW TO:

- When your dog jumps on you, stay calm and quiet. Do not react in any way.
- Turn to the side with your hands behind your back, allowing your body motion to gently displace your dog.
- As you move, say firmly and quietly “Off”.
- As soon as your dog’s feet are on the floor, ask for a sit.
- If your dog sits, kneel down by her side and praise.
- This teaches your dog that they will get attention and praise when they are sitting, not jumping.
- Soon you’ll anticipate that your dog is about to jump and you can step to the side, before they make contact with you. This surprise motion from you will cause your dog to pause.
- The final step is to anticipate that your dog is about to jump and, before they do, ask them to sit instead. You’ll set your dog up for success!

Tips and Troubleshooting:

Why do dogs jump? To demonstrate affection, to be closer to our faces, and to get attention from us. When a dog is jumping up, they are demonstrating affection by trying to lick your mouth. As puppies, dogs learn that this gesture is a deferential and loving way to greet a superior.

When your dog is jumping up, they’re giving you a compliment and hoping you’ll pay attention to them! The more upset you become, the more your dog will want



to appease you and show you how much they love you by jumping up again. Rather than punish your dog for trying to greet you, teach your dog appropriate behavior using the steps above.

Do not push your dog with your hands or speak to them in an excited tone. Your dog might mistake your actions for play. Stay calm and quiet. Don't give them any attention until they have all four paws on the floor.

**Note: You may have heard of other, more physical, techniques (kneeing them in the chest, stepping on their back paws, or squeezing their front paws) that punish dogs for jumping. These methods will likely teach your dog to fear you and/or strangers, but won't teach them how to politely meet people.*

