

JUMPING

Why Dogs Do It & How to Stop It

Jumping up on people or counters is a common behavior challenge, but with consistency and patience, it can be managed. Dogs often jump because they're excited and seeking attention—and whether you yell, laugh, or push them away, it still counts as attention to them. To a dog, any attention is a reward, so the key is teaching that only calm behavior gets noticed.

What Not to Do When Your Dog Jumps

❌ Don't Do This

- Do not yell
- Do not make eye contact
- Do not talk to them



What to do Instead

✅ Be a Statue

- Stand still and boring.
- No eye contact, no reaction.
- Wait.

✅ Reward calm behavior

The moment all four paws are on the floor:

- Give treats
- Offer calm praise
- Provide gentle petting

✅ Teach an Alternative Behavior

Teach behaviors your dog can't do while jumping, like:

- "Sit"
- "Down"
- "Place" (go to a mat or bed)

Practice with friends and family. Ask everyone your dog greets to only give attention or treats when your dog is sitting or has all four paws on the ground. This helps reinforce polite greetings in all situations.

Counter-Surfing: How to Prevent It

Counter-surfing is another form of jumping, usually motivated by food. Prevention is key:

- Don't leave food or crumbs on counters
- Use baby gates or barriers to keep your dog out of the kitchen during food prep
- Keep surfaces clean and uninteresting—if your dog never finds anything good up there, they'll stop looking

Be Consistent

If you or someone else allows jumping "just this once," it can undo a lot of your progress. Everyone who interacts with your dog should follow the same rules. Remember: Calm behavior gets rewards. Jumping gets ignored.