

ELIMINATE JUMPING ON VISITORS AND YOU  
WITH THE POWER OF 3-MINUTE GAMES

# JUMP NO MORE

PLAYBOOK



**Absolute Dogs**

Tom Mitchell & Lauren Langman

# THE JUMP NO MORE PLAYBOOK

Whether your dog is the littlest of little dogs or the biggest of big dogs, having a dog who bounces head height to say hello when you come home, jumps all over your visitors and launches themselves at people you meet on walks can be incredibly stressful.

If you have your hands full, there are young children involved, or an elderly relative comes to visit, this behaviour can be especially challenging or even dangerous. If this behaviour is not addressed, it can turn a calm home into a land of complete chaos and mayhem.

If your dog regularly decorates the trousers of strangers they come across on walks with paw prints, their bouncing is accompanied by inappropriate mouthing and nipping, or they launch themselves at other dogs, it can be hugely embarrassing and extremely discouraging.

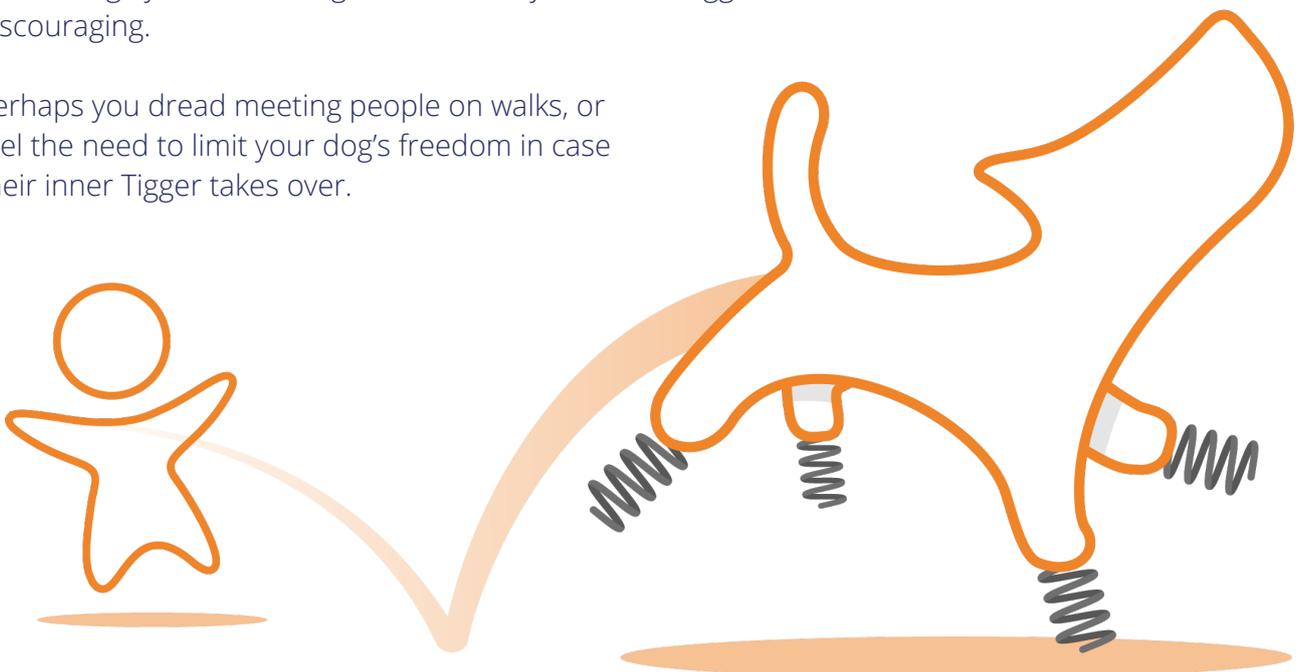
Perhaps you dread meeting people on walks, or feel the need to limit your dog's freedom in case their inner Tigger takes over.

Understandably, when you have a dog that jumps, all you really want is for them to stop. Perhaps you've already invested a lot of time, energy and effort and seen little in the way of results. Maybe you've been told to try this, or do that, and it's just not worked or doesn't sit right with you.

There's so much information out there that it can be really overwhelming knowing the right thing to do. Is there a way to teach your dog to be less excited in the presence of people and to keep their paws firmly on the floor?

## **Absolutely!**

We are here to tell you there's a game for that, and give you everything you need, to turn this struggle into a strength for you and your four-legged friend.



# SPRINGS IN THE PAWS OR COGS IN THE BRAIN?

If you have a dog who seems to have been born with springs in their paws, the key to transforming this struggle is actually understanding what is going on inside your dog's head!

## Past Learning



Firstly, there is very likely to be an element of learning involved. Dogs who jump up have learned that this is a great way to get attention – possibly from a very early age. This often happens when a dog is a tiny, adorable puppy and only becomes an issue when that puppy has tripled in size and is now planting its sizable paws on your chest or knocking small children over with its enthusiasm to say hello! Dogs repeat behaviours that earn rewards, and few things are more rewarding than your attention. To your dog, taking hold of their paws and pushing them gently off can be perceived as attention just as much as if you returned their over-exuberant greeting - even if your intention is to stop the behaviour rather than reinforce it.

Other family members, visitors, and strangers may all have rewarded the jumping too. We all have that friend who loves dogs and doesn't mind being jumped on, even if we're trying really hard to teach our young dog calmer behaviours around people!

## The Shape of Your Dog's Brain



Secondly, the shape of your dog's brain will form part of the picture.

Every dog has a brain, which is shaped in a particular way with different strengths and weaknesses.

Imagine that your dog's brain is made up of building blocks, each of which represents a skill – or what we would call a concept. These concepts might include optimism, focus, calmness, and self-control.

How skilled your dog is at any particular concept influences the choices they make in day-to-day life, and all the concepts combined make up your dog's unique personality.

Sometimes the way your dog's brain is shaped is not compatible with the behaviour or outcome you would like them to give you in that situation. Put another way, they need more of certain concepts to help them navigate life more happily, and more appropriately. The great news is that a dog's brain is infinitely changeable!

So what concepts might be lacking in a dog that jumps up?

## Self-Control

Self-control or impulse-control is a concept many dogs struggle with when meeting people or dogs. If your dog struggles with this, you will more than likely see this in other areas of your dog's life too. Perhaps they can't resist that tasty



morsel that's within reach on the kitchen counter, or have a tendency to chase birds or squirrels.

Self-control enables your dog to see something they value or have a desire for, and still be able to control themselves.

Teaching your dog to be able to control their impulses a little better will help them make more appropriate choices. Remember, your dog finds a lot of value and reward in jumping up, so in order to help your dog control their desire to greet by bouncing you need to put much more value in their ability to control that impulse.

For over-exuberant greeters, self-control is a superb foundation for disengagement.

## Disengagement

Disengagement is your dog's ability to see value in moving away from things – whether they consider those things to be really exciting, worrying or scary.

At the moment, your dog has huge value for racing up to people (or other dogs) and bouncing. Your dog has learned that all the value is in interacting up with you, or with other people or other dogs.

Disengagement is the concept that will teach your dog that moving away is more valuable! In order to stop the jumping behaviour, you need to show your dog that the value is actually down on the floor rather than at head height, and in disengaging from people and dogs (especially those unsuspecting strangers on walks).

We're going to show you some great games which will allow you to inspire this choice in your dog by growing that skill of disengagement!

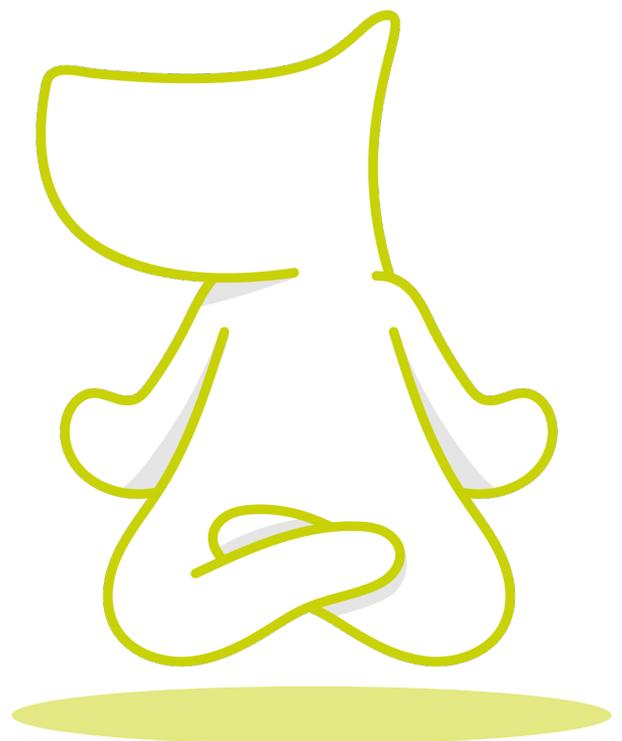
## Calmness

Calmness is one of the biggest gifts you can give your dog. Ideally, calmness should be your dog's default state. If your dog is calm, they are behaving appropriately.

Just the same way as we do, dogs have stress thresholds. You can imagine this like a bucket. Every event of the day – whether that is exciting or scary – will pay into your dog's bucket. When your dog's bucket is full to the point of overflowing, they will show this with an outward display of behaviour.

For many dogs, meeting other people or other dogs can very quickly fill their bucket – either because they find people and dogs super exciting, or because they find them worrying or downright scary. As their bucket fills, their behavioural choice is to bounce or jump on the person or dog that has caused their bucket to overflow (especially if they also struggle with disengagement and self-control!)

The way that person or other dog reacts may further compound the situation and reinforce the dog's choice to jump.



# WHAT DO YOU WANT?

When tackling any behaviour struggle, it is really helpful to focus on what you DO want from your dog rather than what you don't want.

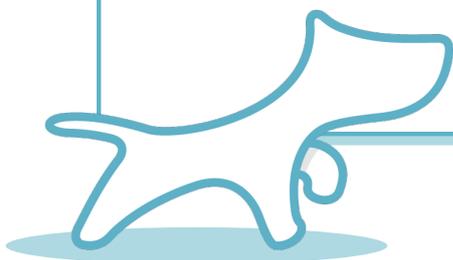
Not only is this more empowering, it helps you see where the solution to your struggle lies.

If your goal is a dog who greets people and other dogs calmly, self-control, disengagement and calmness are the skills and concepts you want to inspire!

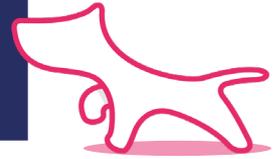
**How does your dog currently greet you when you come home?**

**What does your dog currently do when visitors come to the house?**

**Where your dog's choices are less than desirable, what would you like your dog to be able to do instead? Be specific. Remember to think about what you do want, not what you don't want.**



# MANAGEMENT



We're going to introduce you to some really cool games to teach those skills and transform your dog into that calm, well-mannered greeter!

However, management is also going to form a really important part of the picture.

Dogs will do more of what they practice, especially if they find that behaviour reinforcing. If your dog has a history of jumping up at you, at guests or at strangers, they have been reinforced for making that choice – possibly many times over – whether or not that was intentional.

Putting some management strategies in place will allow you to prevent your dog from rehearsing or practising undesirable behaviours, such as launching themselves at visitors as they come into your home, while you are playing all the games that will teach your dog more appropriate choices.

## How might that look?

If your dog struggles to remain calm when you come home and chooses to jump up as a way of showing their excitement at your appearance, there is going to be a huge history of rehearsal here. Think how many times over the course of a week you might go out and come home again, and how often your dog has practiced jumping.

Your front (or back) door is an area of change, movement and activity – and consequently it is an area of high excitement for your dog. This makes it much harder for your dog to make good decisions.

If you want to stop your dog jumping at you and at visitors the minute they come through your door, you're going to want to keep that front door area a dog-free zone to reduce the energy and activity in this area. This, in turn, helps you and others as they enter the house. You and your guests will be calmer because there isn't a dog bouncing about and your dog will remain calmer because they are not filling up their stress bucket.

Setting up a gated community, where you use a combination of baby gates, crates and closed doors to limit the free movement of your dog can really help set your dog up for success and limit their opportunities for inappropriate jumping. You might choose to have your dog on lead when people arrive, or pop them into a crate or pen while you answer the door. You can teach your dog to go on their boundary while people are moving through the house.

If your dog is inclined to jump on other people or dogs when you're out walking, keeping them on lead while you work on all the games and strategies below will prevent further opportunities to rehearse what you don't want.

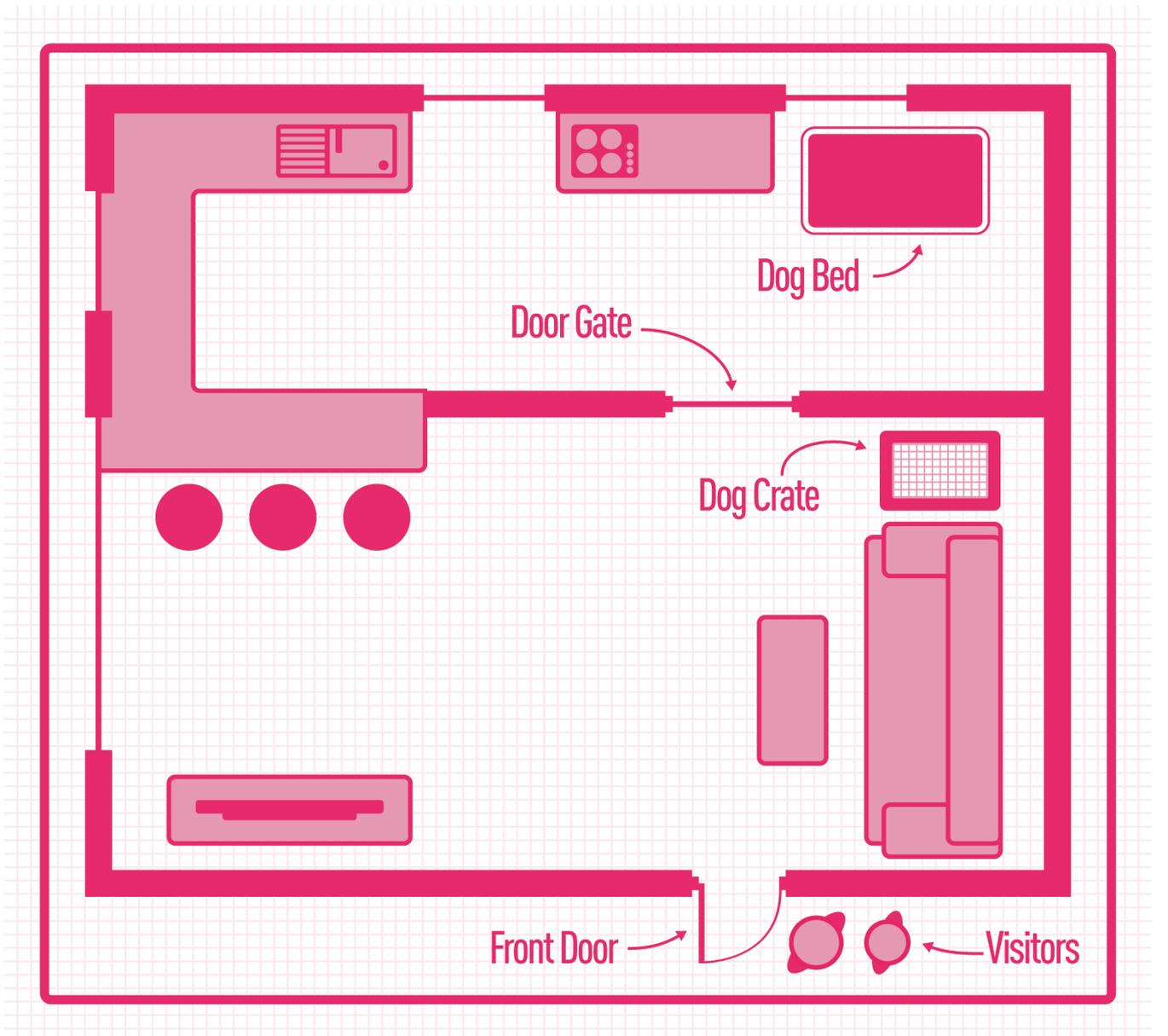
Alternatively, you might put your dog in Middle when a person or dog passes by, so they can practice being calm, having all four paws on the floor and be rewarded for making this choice, rather than jumping.

In every situation, consider what level of responsibility your dog skilled for, and set up the environment to match.



What management strategies could you consider putting in place to help your dog rehearse calm greetings and good interactions?

Consider the layout of your home, including all rooms and furniture, and draw a blueprint of how you might be able to set up your household to encourage calmness and to help your dog make great choices when greeting you or other visitors to your home.



## Create Your Own Blueprint

Utilise crates, puppy pens, boundaries (if your dog's Boundary Games are ready!), baby gates and even closed doors to other rooms if your dog is comfortable with that, to create a plan for how you are going to set your household up for stress-free visitor success.

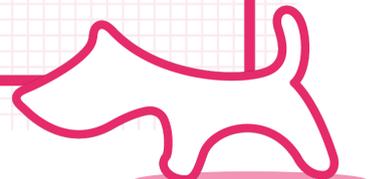
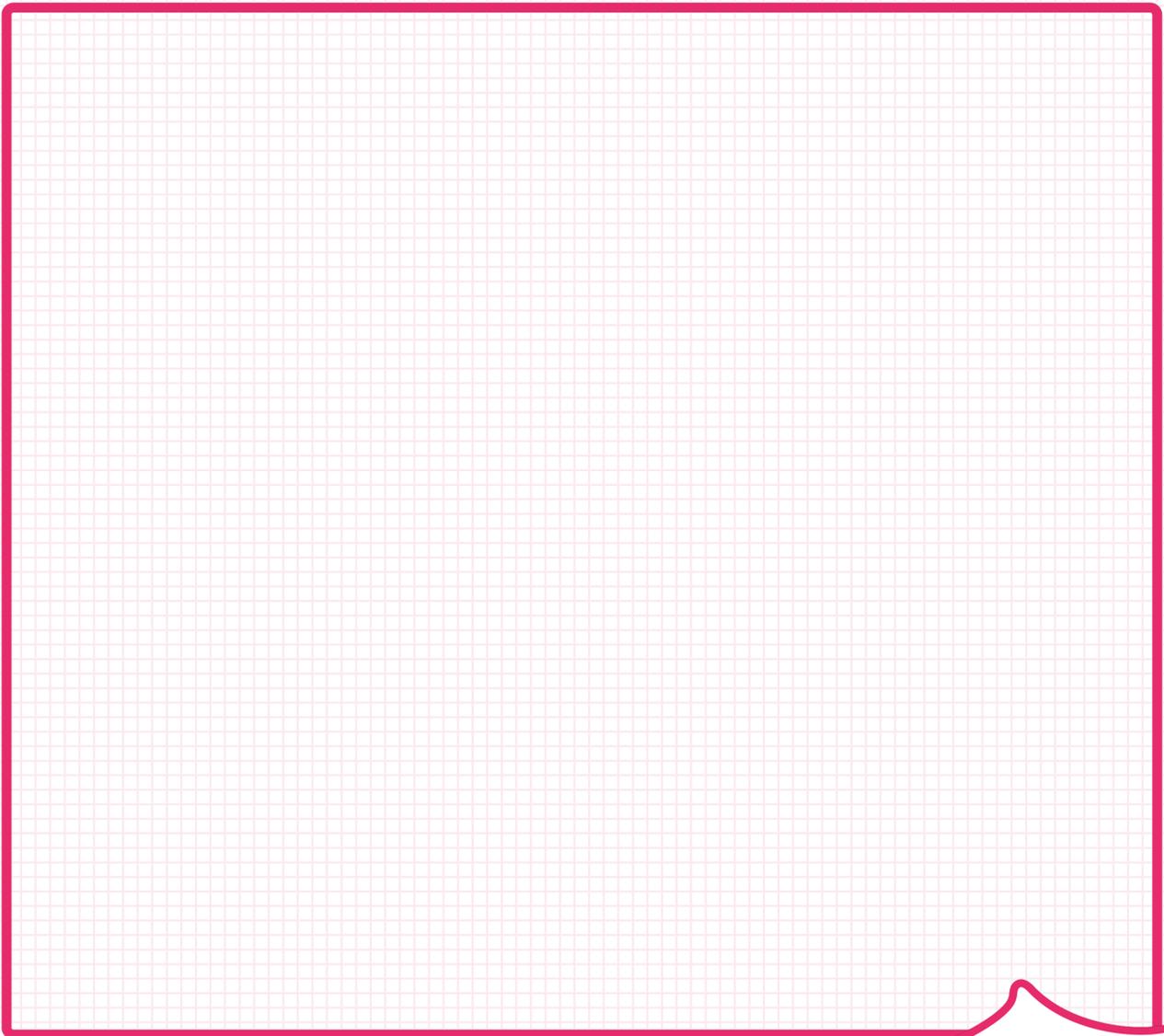
Think particularly about the following:

**Where will your dog spend their home alone time, so they don't have immediate access to you when you come home?**

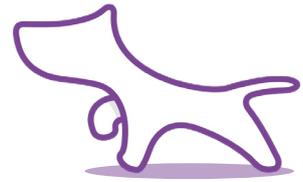
It's worth thinking about this from the point of view of your dog's stress bucket too. Leaving your dog with visual access to lots of activity will make it much harder for your dog to chill out while you're away, and will mean a much fuller bucket when you get home.

**Where will your dog be when someone comes to the door?**

**Where will your dog hang out calmly when you have visitors?**



# LET'S PLAY!



You can teach your dog to have huge value in making all those great behaviour choices by playing games!

If you want to stop your dog from jumping up, you need to be able to teach an alternative behaviour which is incompatible with jumping – and put way more value in that choice than in the one your dog has become used to making.

to bounce. Keep your body language and food delivery nice and calm so you don't add more excitement.

If you have a very springy dog who likes to bounce to head height, you are going to need to be quite speedy with your food to begin with so you don't give your dog any window in which they can start bouncing again!

## Four Feet on the Floor



How you want your dog to greet people is ultimately up to you. You might simply want all four paws on the floor, or you might prefer your dog to sit or lie down. The key is teaching your dog what TO do, not just what NOT to do.

You can teach your dog to keep all four paws on the floor when they greet people by placing some of your dog's daily food allowance on the floor in the presence of people who they might otherwise jump and greet (even you!). The idea is to prevent your dog from jumping by rewarding them before they can even think about leaving the ground.

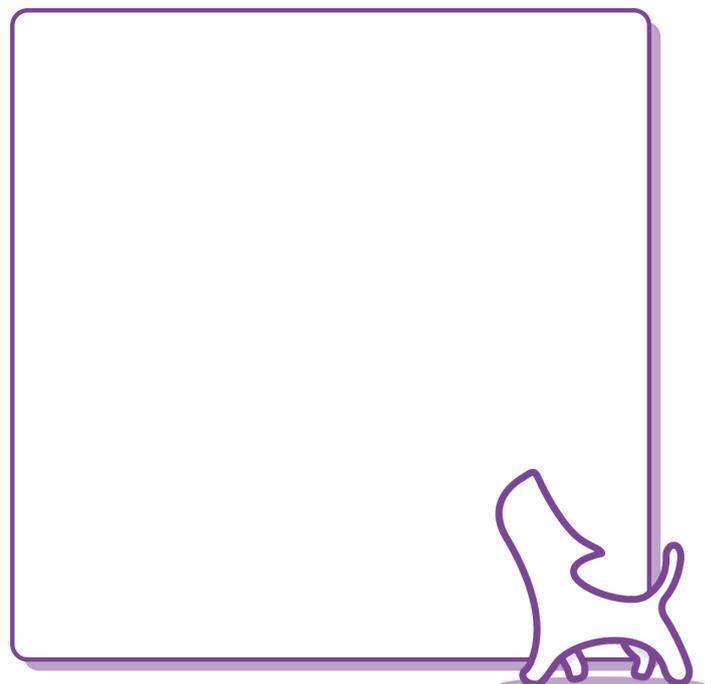
2. As you continue to reinforce your dog for having all four paws on the floor you should begin to see moments of pause where they start to make a conscious decision to keep those paws on the floor.
3. You will gradually be able to open up the window in which your dog can make choices, and as they begin to understand that the value is on the ground, not up above, you'll see them start to choose the stay grounded rather than jumping up.

## Jumping at you

If your dog finds being close to you so exciting that your presence alone is enough to prompt jumping, play the game without the distraction of other people to begin with.

1. With your dog on lead, begin by simply reinforcing them whenever all four paws are on the floor by gently dropping some of their daily food allowance on the ground near your feet. This will help your dog understand that there is value in containing that desire

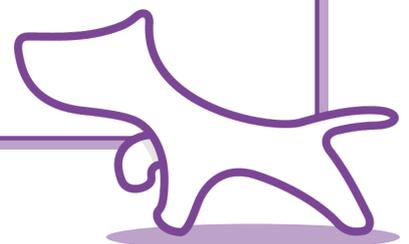
### How did your dog do with that game?



How many different situations are there in everyday life when you can use this game to help your dog make great choices and to limit rehearsal of bouncing up at you? This might include when you enter a room and when you come home from work. Take a moment to write down all the scenarios in which your dog might jump up at you, so you can be intentional about playing this game in real life as well as in a training set up.

Does your dog struggle to contain their bounce more when they are excited? When do they find it hardest to keep their paws on the floor?

Think about ways you can make those situations less of an 'event' for your dog. This might be lots of purposeless moving about while your dog is behind a gate or in a crate, so they can't rehearse jumping. You might do lots of sessions where you go outside and come straight back in again. Mix it up. Make your appearance in a room something your dog thinks is really boring!



If your dog has rehearsed jumping up at you when you come home many times, you may find you need to put a lot of value into the account before not jumping comes more naturally.

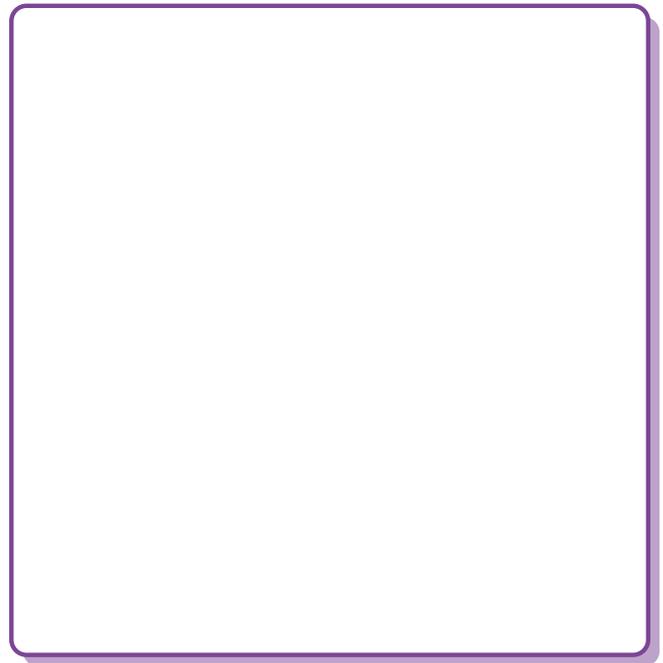
## Jumping at other people

Once your dog can be calm in your presence and keep their paws on the floor, you can use the game to teach them the same behaviour around other people.

Begin this game with someone your dog is familiar with, but ideally not a person they find hugely exciting. Ask your person to be as calm as possible. You want to set your dog up for successful learning, not make it super hard for them.

1. With your dog on lead, throw one piece of food a little distance towards your person of choice. You are looking for your dog to move towards the food, eat it, and then orient back to you for the next piece.
2. Reward your dog's choice to move away from the person by feeding more of their daily food allowance – remembering to feed on the floor. This clearly spells out to your dog the appropriate response to another person being in their proximity (disengage, remain calm and show some self-control by keeping your paws on the floor!)
3. Repeat these steps to build up a history of your dog rehearsing what you do want.
4. Over the course of a few sessions you should find that this gets better and better, as your dog practices keeping their paws on the floor around people. In time, your dog will come to understand that four on the floor brings treats while jumping brings nothing.

### How did your dog do when you added another person to the game?

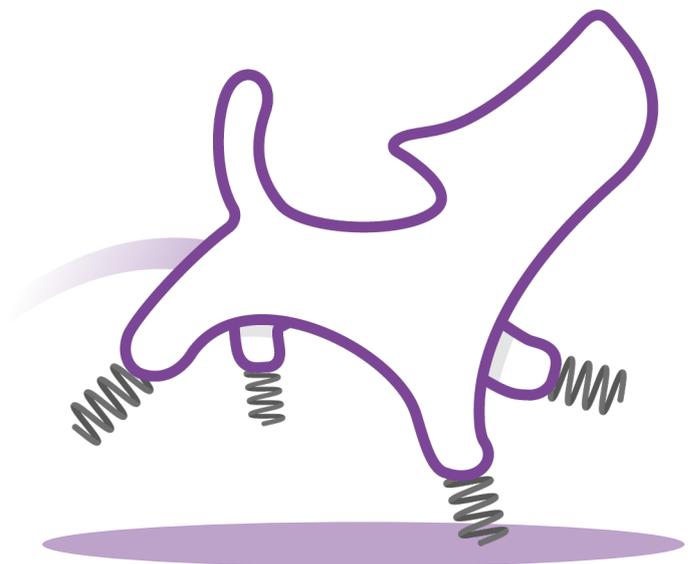


You can watch a great demonstration of this game with a super springy dog on the absoluteDogs YouTube channel:

**YouTube: Solve Jumping Up in Under 5 minutes?**



If your dog found this one tough, the next game will help you out!



## Disengagement Pattern



Dogs like things to be predictable. They very quickly learn patterns.

At the moment, your dog might predictably jump on every visitor, or every person you encounter when you're out and about.

With this game, you can embrace your dog's love of predictability and teach them an appropriate response to all those exciting distractions, which looks the same every time, but which doesn't involve jumping on them!

If your dog isn't used to working for their food and orienting back to you, you may need to warm up with a simple Orientation Game. Play in an environment that is going to allow your dog to succeed – minimal distractions and on lead if you think you might need to guide their choices.

1. Throw one piece of food a little way out for your dog to go and find.



2. Your dog should race out to the food. Once they've eaten, they should orient back towards you to see if there's more where that came from!



3. Mark ("Yes", "Nice", "Good" or whatever your verbal marker of choice happens to be) and throw another piece out in a different direction.



4. Repeat this a few times until your dog is reliably orienting back to you each time.

### Can your dog reliably orient back to you in a low distraction setting?

### Can you play the game reliably both on and off lead?

To help your dog understand that there is value in moving away from things they find exciting, you are now going to make two important tweaks to your game: firstly, you are going to add movement away from the 'distraction'; secondly, you are going to spell out more clearly to your dog where the value is (with you!).

1. Repeat as above, throwing one piece of food out for your dog to go and find.

2. As your dog orients back to you, start moving away so they have to follow you.
3. When they catch up, feed, feed, feed (give multiple pieces of food, so that the area around you is a much better deal!)

**How did those tweaks change the way your dog played the game? Are they starting to orient back to you more readily?**

Once your dog has a clear understanding of the game and is playing like a pro, you can start to add more 'real life' distractions.

1. To begin with, add a neutral person that doesn't overexcite or worry your dog. Ask your willing distraction to stand nice and still so it's not too hard for your dog. Playing on lead is absolutely fine if it's going to help your dog make the right choices. Think too about how close you are to your person. Distance is fine to begin with! If you're finding your dog's inner Tigger is bouncing out when you play this game, make sure you are delivering those pieces of food low down rather than up with you (check back to Four Feet On The Floor).
2. Throw one piece of food toward the person (not too close!) and then reward generously when your dog re-oriens to you away from the person.
3. Gradually increase the challenge by throwing your food closer to the distraction (person), or asking them to act a little more exciting!

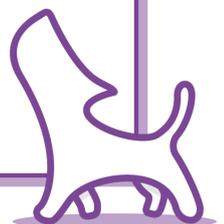
This is very similar to Four Feet On The Floor, but you are adding disengagement to the picture so your dog is not only learning to stay grounded, they are also learning that moving away from exciting things is a better option than checking them out.

This learning will apply to other dogs as well as to people.

**How did your dog do when you added a person as your distraction? Did they find it hard? Remember you can play on lead to help them make the best choices.**

**If they struggled, what could you do to set your dog up for success? Think about your reward placement, your energy and the level of difficulty.**

**Think about other scenarios where this game might be helpful. Teaching your dog to orient away from doorways is a great example and definitely one to add to your training plan!**



Once your dog understands the pattern, you can start using this in real life scenarios, either when you're out on walks, or when you have visitors.

Don't be in a rush to move to real life situations before your dog is rocking the game in an easier setting, though. Getting those foundations firmly in place will be the key to this learning translating to life, and helping conquer that jumping!

Check out the following video for some top tips and strategies to help you out!

## YouTube: How to Stop Your Dog From JUMPING UP!



## Scatter Feeding



Scatter feeding is a great strategy to have in your game plan for moments where jumping up does happen.

If your house erupts into a barking, bouncing frenzy when you come home (never mind when visitors knock) it can be hard to know what to do in that moment.

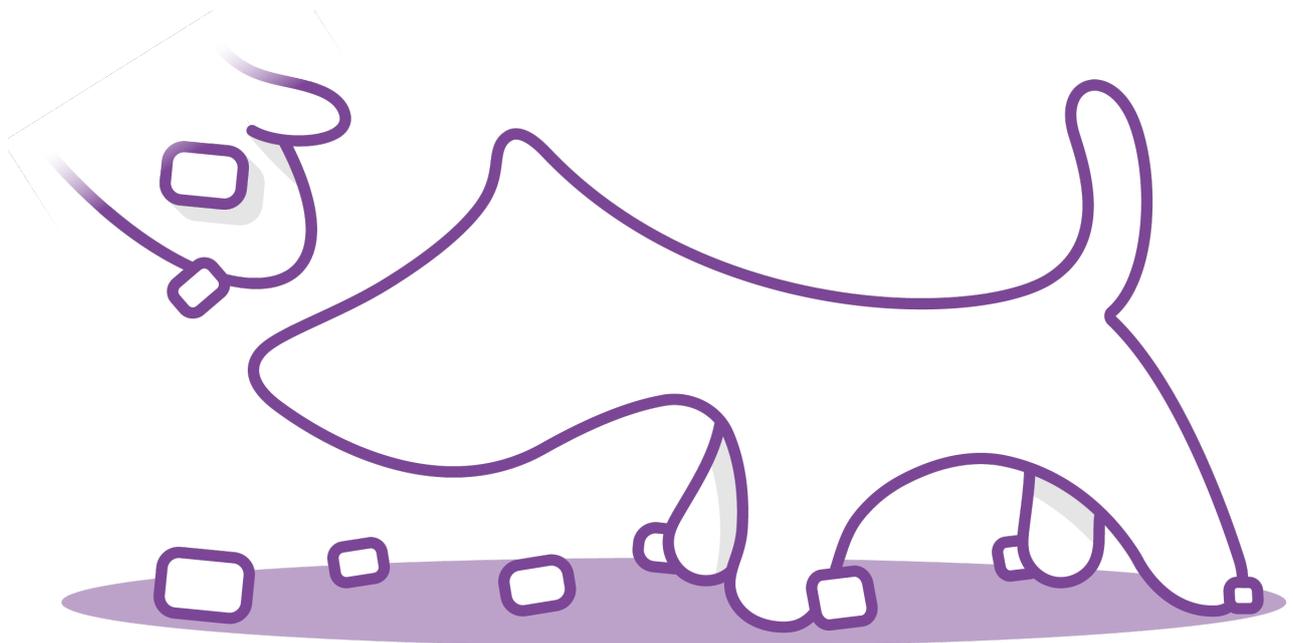
While the two games above give you great options to

train FOR that situation, what do you do if you find yourself IN the situation?

Scattering some of your dog's daily food allowance on the floor can be a great option. While it might seem like you are rewarding the undesirable behaviour, it's important to understand that your dog's emotional state (their level of arousal) means they are not necessarily in the right headspace to learn what is good, or more appropriate, behaviour at that point in time.

Scattering food for your dog to sniff out not only helps keep those paws firmly on the floor, it reinforces calmness as the more appropriate emotional response - which will make a calm response much more likely the next time.

**In what situations might you find Scatter Feeding a useful strategy to help give your dog an alternative to jumping up?**

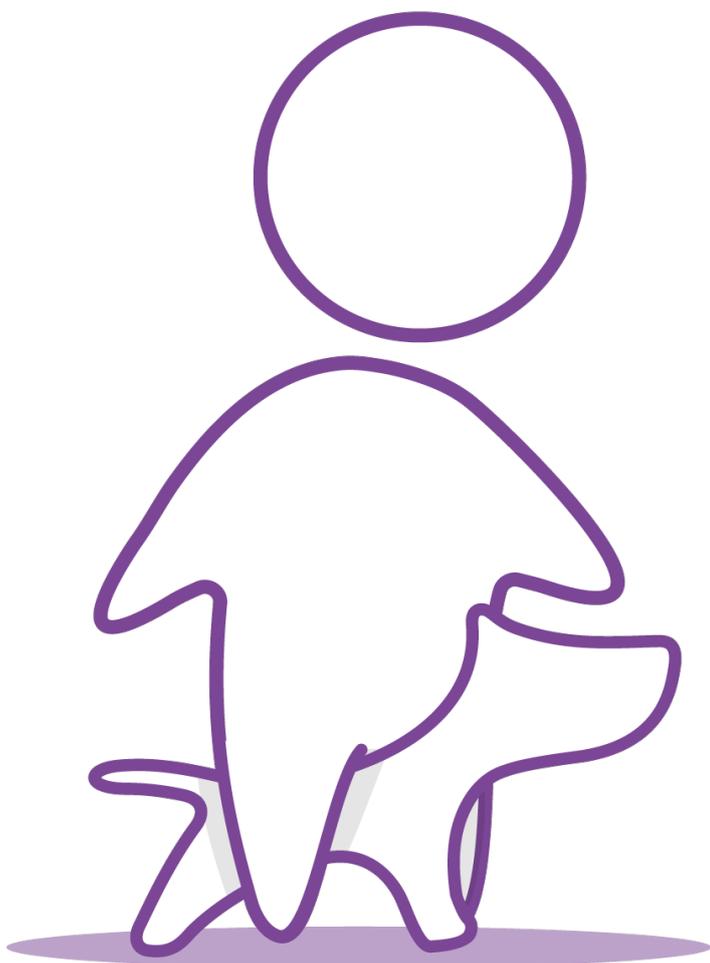


## Middle



Middle is magic! You will wonder how you ever lived without this game, because it solves a whole load of struggles in one go! The benefits of Middle are huge:

- It lowers arousal
- It gets your dog into a safe place quickly
- It builds value in proximity
- It's a great recall cue
- If your dog is in Middle they will find it really hard to jump!



Learning Middle is super fun and very straightforward. It's best played off lead to avoid a tangle of lead and legs, so teaching in a low distraction environment is a good idea.

1. To begin with, bring your dog around one leg from front to back and feed them as they stand in Middle position between your legs, facing forwards. You can lure with food to help them understand what you're expecting.
2. Repeat this several times, making sure you bring your dog around from both sides and into Middle – and each time feed in position to reinforce the value.
3. Try to keep your dog standing because Middle is a foundation for many more games where movement will be key (much harder if your dog learns to sit in Middle).
4. Once you've lured your dog round your leg and into position a few times, you can start fading out the lure and making it look slightly less obvious. As your dog learns that Middle is a valued position you have to do much less work to lure them back into position each time.
5. Once your dog is reliably coming into position you can add the verbal cue, right before your dog heads into Middle.

Check out the following video for some top tips for teaching Middle:

**YouTube: How to CATCH Your Dog AFTER a WALK!**



## Boundary Games



Boundary Games are the foundation of every dog's training plan success.

Incorporating Boundary Games into your dog's life from the start can prevent many behaviour struggles from occurring. Introducing Boundary Games into your dog's training can halt behaviour struggles in their tracks if they have already begun!

Boundary Games introduce many concepts into your dog's day to day life that will help to provide a solid foundation for any further training that your dog may require.

Concepts that your dog will begin to understand and embrace whilst discovering the power of boundaries include, but are not limited to, confidence, calmness, tolerance of frustration, self-control, focus, proximity, engagement, disengagement, and more!

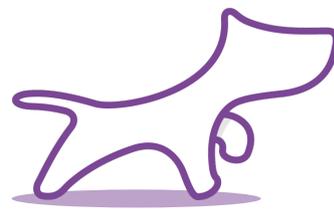
### How do Boundary Games help with jumping up?

When your dog is on a boundary, nearly every decision will be appropriate. They're not counter surfing, they're not jumping up at guests and they're not causing chaos.

This makes your dog easy to live with and what's more, the boundary becomes an anchor that helps your dog settle. Often, if a dog is loose, they will be making all sorts of choices, and yet when they're on a boundary, they're much more likely to choose calmness.

Boundary Games can form a valuable part of your management strategies for a calm, settled household, so investing in them now will reap you many rewards in the future.

If you're new to Boundary Games, we've put together a step-by-step of games to teach this amazingly powerful concept.



Boundary Games eBook



Boundary Games online course



## Boundary Planner

Think about some strategic locations in your home that you can place boundaries to help your dog make great decisions when you have visitors. Depending on your dog's current skills, your choice of boundary might differ. Crates can be great boundaries as well as beds, if you know your dog will struggle to stay on a boundary when someone comes into your house. Revisit the House Blueprint exercise to help you make a plan.



Weaving Boundary Games into your day, every day, is the very best way to be sure they become part of your dog's lifestyle.

Make a point, for the next three weeks, of working on your dog's boundaries every day – whatever stage you're at!

Record your progress and celebrate your wins!

# REAL LIFE BOUNDARIES

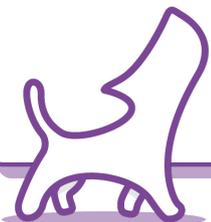
3 Week Game Tracker - A Single 2-3 Minute session Per Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							

At the end of three weeks, how are your dog's Real-Life Boundaries coming along?

Celebrate your most recent win!

What are some of the ways you've practiced real-life boundaries over the last few weeks?



# WOOHOO!

There you have it! We've armed you with some awesome strategies to help prevent your dog from jumping! Jumping will no longer be a problem because your dog's bucket is emptier, they are rewarded for being calm, and you have taught them games and skills to use when confronted by potentially exciting people or dogs.

Keeping track of your progress will really help you see what level your dog is at with each game and make sure you push their learning on at the right pace. Check out the progress tracker below!



**PROGRESS TRACKER:**

<p><b>LEVEL 1</b>  <b>FAMILIAR INDOOR</b>            ENVIRONMENTS - NO DISTRACTIONS</p> 	<p><b>ON LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>OFF LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>LOCATIONS</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>NOTES:</p> <div style="border: 1px solid #ccc; height: 100px;"></div>
<p><b>LEVEL 2</b>  <b>FAMILIAR OUTDOOR</b>            ENVIRONMENTS - NO DISTRACTIONS</p> 	<p><b>ON LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>OFF LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>LOCATIONS</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>NOTES:</p> <div style="border: 1px solid #ccc; height: 100px;"></div>
<p><b>LEVEL 3</b>  <b>REAL LIFE LOCATIONS</b>            DISTANT DISTRACTIONS</p> 	<p><b>ON LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>OFF LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>LOCATIONS</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>NOTES:</p> <div style="border: 1px solid #ccc; height: 100px;"></div>
<p><b>LEVEL 4</b>  <b>REAL LIFE LOCATIONS</b>            CLOSER DISTRACTIONS</p> 	<p><b>ON LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>OFF LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>LOCATIONS</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>NOTES:</p> <div style="border: 1px solid #ccc; height: 100px;"></div>
<p><b>LEVEL 5</b>  <b>REAL LIFE LOCATIONS</b>            REAL LIFE DISTRACTIONS</p> 	<p><b>ON LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>OFF LEASH</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>LOCATIONS</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>NOTES:</p> <div style="border: 1px solid #ccc; height: 100px;"></div>

# WANT TO LEARN MORE?

Here are some additional resources for you to check out that will take your learning to the next level, give you even more games to play with your dog and boost your relationship even further!

[Podcast: Stop Your Dog From Jumping Up](#)

[Podcast: Crate and Boundary Training, Oh My!](#)

[Podcast: Keep Calm and Play Games](#)

[The Worldwide Sexier Than A Squirrel 25 Day Challenge](#)

[Calm Course - Unlock the secrets to a calm dog](#)



# ELIMINATE JUMPING ON VISITORS AND YOU WITH THE POWER OF 3-MINUTE GAMES



## PLAY BOOK

Does your dog jump?

It only takes some easy, effective strategies and fun, solution-focused games to get the party going. Are you ready to have a dog that chooses all four on the floor over leaping up to your face with joyful abandon?

 **Absolute Dogs**