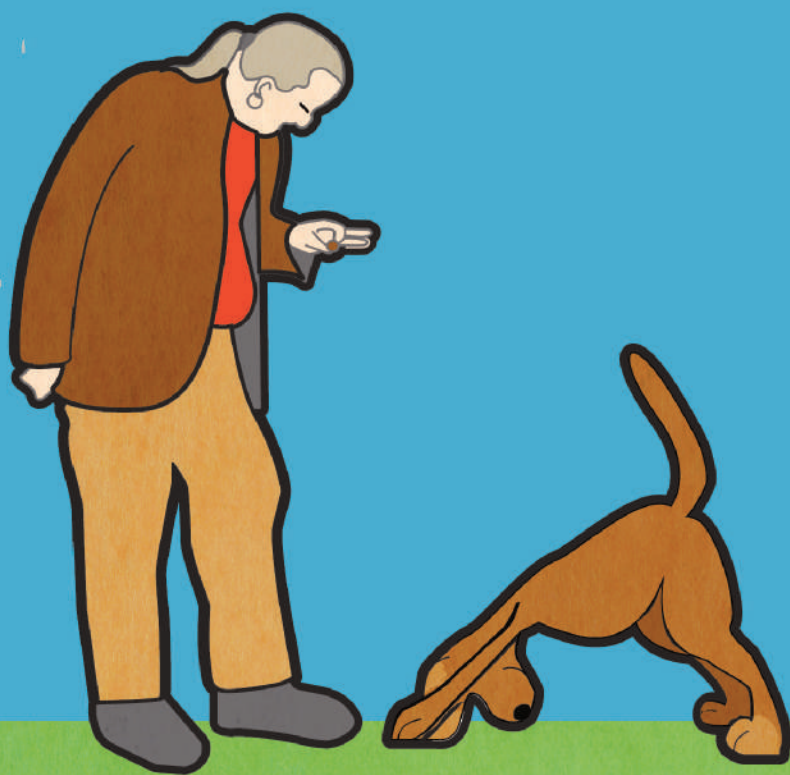


DOWNWARD, DOG!

How to Deal With a Dog That Jumps Up



by Mike Deathe CPDT-KA



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HOW TO DEAL WITH A DOG WHO JUMPS UP

MIKE DEATHE CPDT-KA

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While dog training itself is a rewarding and happy endeavor, any issues involving aggression should not be attempted without the supervision and direction of a professional trainer.

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ACKNOWLEDGEMENTS

Wow where to begin... This is book number six, and I'm still lucky enough to work with dogs and owners on how to better communicate and solve problems. So from that point of view, I'm still the luckiest guy in the world!

I could not do what I do without the support of the people around me:

- Donovan and Dylan, my boys and helpers with classes and anything else that I need!
- Eliza, for the help with keeping my thoughts in check on this journey.
- Great Plains SPCA for a place to train, and unbelievable support.
- All of the clients over the years who have trusted me with their dogs!
- And of course: Leo, Lexi, Bear and Penny (my canine crew, who has taught me so much).

Dog training ain't hard, it just requires two things: CONSISTENCY and FREQUENCY!

Thanks for Keeping it Simple Stupid!
Mike

This book is for all the folks who cringe when the doorbell rings, because they realize that the games are about to begin... Whether you have the dog who rushes the door barking like a maniac, or the dog who jumps up on every single guest that comes into your home. This book will give you simple and easy techniques to get the problem under control. It will even work if you are the only person that your dog jumps on!

It will take time and practice so if you are looking for a quick fix, I cannot help you. But if you put in the time and work with your pooch I promise that this is a problem that can and will get fixed, because you are going to make doing-the-right-thing more fun for Fido than all that other stuff that is driving you crazy.

So take a deep breath, flip the page and lets get to teaching how to achieve "Downward Dog"!

Mike



WHY DOES MY DOG JUMP UP?

This is a common question, and the answer is not all that complicated. I think it really comes down to 2 things:

1. **It's how they would greet another dog.**
2. **They get what they want out of it.**

Let's start off with the idea of how your dog would greet another dog. Go to a dog park and just observe. When two dogs meet for the first time they quickly say hello, face-to-face. There is usually some sniffing, some eye contact, maybe some licking, or even looking away to diffuse situations that are headed down the wrong road. The *first* thing that they do is come face-to-face. It's quick, and it rapidly continues on to step 2 (butt-sniffing: the doggy handshake)... But it always starts with that initial face-to-face meeting.

Now ask yourself how a dog (who is usually only between 1- 3 feet tall) and a human (who is roughly 5-6 feet tall) are going to meet face-to-face. If humans were smarter, we would kneel down to the side of the dog and say hello. But in most cases we, the "smart ones", just stand there and look at the dog. Then we wonder why the dog has jumped up: *To get closer to our faces.*

We humans may have way more to do with the jumping problem than we had thought!

What about the idea that we are giving dogs what they want when they jump? Let me share a little known fact in dog training. Dogs live for two things: Food and Attention.

Food has nothing directly to do with jumping (though it can be part of the solution- more on this later!), but the attention factor is *huge*. If Fido is not taught a correct and polite way to get attention, he will figure out his own way to get it. Your pooch does not really care whether the attention is positive or negative: Attention is attention!

Here are a few examples of how this scenario can play out:

1. The Pogo Stick.

This one seems to be very popular with the big dogs: They look like a bucking bronco, slamming their entire body against you, or jumping up and putting their front paws square in the middle of your chest. We push them down or knee them away. This behavior in big dogs is especially scary for visitors that are small, frail or already afraid of dogs.

Little dogs are notorious for the simultaneous bark (that sounds like they are going to eat you) and jumping up on their hind legs, resulting in scratching your bare legs, and/or ruining pantyhose; small Fido comes running up and jumps up on us, and we immediately push or swat him away. Without realizing it, you have just let the game begin!

Fido is thinking, "Awesome! *Man* do I have my human trained well... See how I got them to play this cool game?"

They jump... You swat or push. They jump... You push or knee. Over and over.

I still get a kick out of watching the owners get more and more frustrated at the behavior while the dog is going, "Do

it again! Do it again!"... Remember I am laughing with you, not at you :-)

2. GET DOWN! STOP! OFF! (Translation to dog: BARK! BARK! BARK!)

So, you've walked in the house and the dog jumps up on you, and you start by saying "Get Down! Off! No!" The more Fido ignores these commands, the louder you say them. We have all been guilty of this at some point. Some may even resort to yelling and screaming- in my personal experience, we men tend to be the ones especially guilty of this (just my personal observation). I rarely see this one with ladies, but sometimes they lose it too. Try to remember that dogs don't speak English. So no matter how much you yell, scream or plead, all your dog hears is BARK! BARK! BARK! and Fido is often eager to join in. Before you know it, you are having a grand old yelling match with your dog!

Once again, Fido is so proud of how quickly he has been able to train his human into this wonderful and conversational game! Additionally, if the commands aren't working, you might start to swat or push (The Pogo Stick) and you are now encouraging two bad behaviors: jumping *and* barking.

3. "Oh honey I've missed you! Come give Mommy some love!"

Okay ladies, now it's your turn. This one is usually all you. It's been a long day at work, the boss has been a jerk, and there is Fido waiting at the door just for you. When you walk in, Fido jumps up on you, and before you know it, you are on your knees giving your best friend a great big hug with kisses and all. Guys, don't laugh, I have seen you do it too! You just wait until you think no one is looking. And with the smaller dogs, you are way more apt to pick Little Fido up when he jumps up on you... Even encouraging vis-

itors to pick him up when he is jumping up on *them*, using the excuse, “He just wants to say hello!”

And here we go again: Fido can’t wait to tell his canine friends how quickly he figured out what buttons to push to get just the right behavior out of his human!

The fact is, you are giving your dog attention when they present a behavior that you do not like. Now ask yourself how that methodology is going to change the behavior? Dogs do not waste time with behaviors that get them nothing. They only engage in behaviors that work! As I mentioned earlier one of the two things that dogs live for is attention. If jumping up gets them that attention, why on earth would Fido stop?

Ok that leaves us with the \$64,000 question: “Then just how do I get my dog to stop jumping up on me and other people?” Let's get started!

HOW TO FIX IT (KEEP IT SIMPLE STUPID)

Since we now know that this problem behavior starts by giving your dog what he/she wants, then it should be no surprise that this behavior is only a problem for *you* (sorry). Your pooch has absolutely no issues with this behavior, considering that it gets him all the attention he wants. Yep... You are going to have to be the one to fix it.

The solution is what we trainers call a Replacement Behavior, and also the idea of "Ignore the Bad and Reward the Good".

You must:

1. **Stop reacting to the bad behavior (jumping up), and make sure that Fido realizes that it will not bring him the attention that he seeks.**
2. **Come up with what you want Fido to do *instead of jumping up*. Then we have to make that good behavior more rewarding than the bad.**

So in other words, you ignore the bad behavior (jumping up) and redirect it to a good behavior (sitting), and then reward that good behavior immediately with something that your pooch wants (food). Once Fido realizes that jumping up gets him nothing but a cold shoulder, and that putting

his butt on the ground equals a tasty treat... Which do you think he will choose?

While this change is a simple one, it will not necessarily be a fast one. If you have allowed your pooch to jump up for months or years, and you are thinking this can be fixed in days or weeks, you may be disappointed. But be consistent and you will see the change you desire!

Next let's tackle the idea of time tables, and what is realistic, and *how* we are going to help Fido to succeed at converting the jumping behavior to a more positive one!

JUST BECAUSE THE SOLUTION IS SIMPLE DOES NOT MAKE IT FAST.

I know I said that there are no secrets, magic pills or Jedi mind tricks in dog training. But I'm going to let you in on something that is crucial to understand before you even begin training a dog. This wisdom is the foundation of this whole book. Are you ready??

Two words: *Frequency and Consistency*.

Let's use an everyday example to illustrate. Here's a conversation I have with clients, almost daily:

Client: How long will it take you to train my dog?

Mike: Well first off, I don't train your dog. I am going to teach you how to train your dog! In reality I am not really a dog trainer. I am a people trainer.

Client: Ok then how long will it take me to train my dog?

Mike: Well that there is the million dollar question. The only way I can answer it is with another question: How frequently and consistently are you going to be practicing the techniques that I am going to teach you?

Client: [Silence and a really perplexed look].

At this point, I have to politely explain that it matters neither how much money you spend with a trainer, nor how

smart that trainer is (or isn't). If you do not commit to training frequently (how often you work with the dog) *and* consistently (sending the same message to the dog), then any and all training will fail.

No dog trainer can guarantee their work. I understand that they probably can train any *dog*, and probably know how to fix many of the problem behaviors. But **no dog trainer can guarantee whether or not the owner is going to listen to the trainer**, or follow the techniques that they are trying to teach.

I'm aware that when I say this to clients, it may turn some away; but I just can't bring myself to mislead prospective clients about what it's going to take to train their dog.

If you think about it, training a dog is no different than working out, quitting smoking or dieting; The concept itself is very simple but the follow through (ie, the frequency and consistency) is very difficult for every two-legged animal on the planet!

So there is the big secret: The real key to success in dog training is... *You!*

HAND FEEDING

“What can I do to make my dog listen to me?”

That’s a bit like asking how to get better gas mileage; there are more than just one or two answers. That said, there is *one thing* that will produce the fastest and biggest change in a dog’s behavior: Hand feeding.

Okay, I know many of you are wondering if Mikey has finally lost it. But when you hand feed your dog, there are two *hugely* positive things that begin to take shape:

1. **You make yourself important! Suddenly your dog has a reason to pay attention.**
2. **You teach bite inhibition.**

... And all without being a butt-head to your dog!

The first thing that hand feeding your dog does is make you important in your dog’s eyes. Some trainers call this “being the pack leader”, others call it “being the alpha dog.” I simply call it, *making yourself the most important thing in your dog’s life*. If I control the most crucial resources in Fi-do’s world, then who is really calling the shots? If you hand feed every piece of food to your dog for at least 30 days, the dog is going to quickly understand that Mom and/or Dad is the key to meal time, and that the dog had better pay attention when dinner time comes! This is not only a great

way to bond with your dog; it is your first step in fixing that nasty jumping habit that you bought this book for!

How does hand feeding impact bite inhibition? I believe that all dogs need to be taught to be gentle with their mouths and teeth when interacting with people. There is no better way to get this point across than by hand feeding. It gives you the perfect opportunity to focus on giving pieces of kibble, one or two at a time, and teaching the command “Gentle”. If the dog touches your finger with teeth, you can just say “Ouch,” with a calm voice. Then use the command “Gentle”, then repeat the process. Before you know it, the Land Shark that you have been living with will become the polite and patient dog that you wanted in the first place!

So simply by hand feeding our dogs, we are teaching mouth skills (or bite inhibition) with humans, whom they need for the stuff they want. But wait... There’s even more stuff that specifically helps with the jumping!

When Fido begins taking the food gently, it is time to teach the command “Wait”. “Wait” is similar to “Gentle”, only now there is 3-5 seconds of pause required before Fido can have the piece of kibble. The end goal? Patience. Fido needs to learn not only to be gentle and to pay attention to Mom and/or Dad, but also to learn to be *patient*. Most dogs with problem behaviors (jumping especially) live their lives with the idea of “I see, I want, I grab... Then I run!” If we teach Fido to wait a few seconds before we give him kibble, he learns, “I still get what I want if I am patient!” This will be critical in the next step.

Hand feeding your dog will get their attention, and therefore it can jump start any training program. Still skeptical? Just think: regardless of whether you are a dog or a person, we all tend to pay more attention to those in our lives who dole out the rewards, paychecks or praise. Alter-

natively, we avoid those who punish, write up or take things away.

Control never has to be negative. Spoiling a dog or child is thought to be a bad thing, but what if the spoiling only occurs when the dog or child has earned it?

By simply looking at the relationship between you and your dog, and determining who controls the resources, you can put yourself right at the top of Fido's list of people he/she needs to survive in this world. No wonder Fido loves having you around!

SIT, SAY PLEASE!

What if your dog had a way to say please? A command where they would show patience and request attention? Wouldn't this be an awesome way for our dogs to show their manners?

Imagine that your dog could not only ask for something, but also show the proper energy level when asking... Then you would give permission to the dog to get or do something!

Sit is something that every dog does, but we rarely take advantage of the behavior. We should be using it for more than a simple obedience command. I'm not talking about the kind of Sit when every muscle in the dog's body is vibrating, and his or her tail is dusting the floor. I am taking about a Sit when the dog is:

- **Focused on you**
- **Patiently waiting for the next cue or command**

Ironically, Sit is usually the first thing we ask our dog to learn, but we never really use it to achieve much else.... Until now!

How do we use this basic command to teach our dogs manners? Simple: From this point forward, we are going to use "Sit" as a way for the dog to say "please". This command

will become a condition for our dog to receive our okay, as well as increasing Fido's patience and stabilizing his energy level during his everyday life.

Sit will now be used for specific reasons, such as:

- **Creating patience around food**
- **Determining where he/she is allowed to be**
- **Giving him/her access to the things that he wants!**

Until now we owners have pleaded, cried, and even screamed at our dogs to get what we wanted. Some may even have resorted to manhandling their dogs to get a behavior. Likely you have figured out that forcing a dog to do something that they don't want to do rarely works.

Why not try rewarding the dog for presenting proper manners while offering the appropriate energy level?

What this means is that you must begin a new batch of homework, and make sure that your dog offers a Sit before:

- **They get to eat.**
- **They get their leash put on.**
- **They get to go outside.**
- **They get attention and affection.**
- **They get to hop up on the couch or bed with you.**

They must Sit, offering the correct energy level, and Say Please! It is then up to you to say yea or nay.

Next we can start playing specific games to discourage jumping up. Having a dog who pays attention *and* knows

how to Say Please to get what they want will make everything else in this book way easier!

THE TURN-AROUND GAME

Before we get into the game, which we call the Turn-Around Game, We have to learn one more command: Watch Me.

In my humble opinion, Watch Me should be the first command that people teach their dogs. Since this is a book about teaching dogs not to jump up, we are doing things in a slightly different order... But trust me, a Watch Me along with a Sit will be a huge help in fixing your jumping problems!

I want to teach a dog that, with either a hand signal (pointing to your nose) or a verbal cue (the words, “Watch me”), Fido will stop what he is doing and look me in the face and wait for the next command. Actually, Watch Me is the first step in stopping *all* problem behaviors, not just jumping up. Dogs can rarely walk and chew bubble gum at the same time, so if Fido is engaging in a behavior that I don’t like, the first thing I will do is ask for a Watch Me.

For that split second when the dog stops the inappropriate behavior, I have, in essence, won the battle, but not the war! The war is teaching the dog an alternative behavior to replace the bad behavior.

In the case of jumping up, the replacement behavior (what we want instead of jumping) is a sit! We are just going to create a combo command of a simultaneous Watch Me and a Sit.

So just how do we do that?

Start with a High Value Treat; when we introduce a new behavior to a dog, and especially an important one (Sit instead of a jump) we must also raise the value of the reward... A piece of hot dog has a higher value than a plain piece of kibble, and suddenly we really have that dog's attention.

Dog Trainer's Tip

Every dog is different when it comes to High Value Treats; some dogs prefer hotdog pieces, others like baby carrots, or even Cheerios. Try out different things. Also consider that the distraction level of the working environment (living room vs. dog park) will also have a huge impact on how high the value of the reward needs to be! What does all this mean? If you want your dog to be perfect in all environments, you have to practice in all environments; the more distracting the environment, the higher the value your dog must perceive the reward!!!

Now place that High Value Treat right on the end of your dog's nose, but *don't let him have it yet*. Once you have the dog's attention, move your hand up towards your face. When your dog looks at you (or, at this point, really looking at the treat) mark the behavior by saying "Thank you", and then reward!

As the dog becomes more comfortable looking up at your face, begin to shape your verbal and hand signals. I use my index finger pointing at my nose for my hand signal and simply say the words "Watch me" as my verbal cue. As the dog gets better at doing the Watch Me command, start withholding the treat for an extra second, and just wait. Since you have already been working on the Sit/Say Please idea, it should not take long for the dog to incor-

porate a Sit along with the Watch Me command. The Dog, when faced with not getting the treat will refer to his or her mental rolodex and look for things that have worked in the past; and if you are patient, the butt will hit the floor while watching!!! Then mark the behavior with a “Thank You” and reward!

The important part is to get the Sit as part of the Watch Me, not separate of it. Many dogs naturally do both at once, but some will require some practice; they quickly figure out that along with looking at you, their butt needs to be on the ground to get their reward!

Now for the game! Ask for a Watch Me, and wait for the Sit, and give the reward. Then turn your back on the dog and just wait. After a moment the dog will come around to your front and look at you. Again, you wait for the Sit, and then reward. And once again, turn your back and wait... And so on. Early on, you might have to do some luring with the treat for the dog to realize that you want him to come around to the front before starting the Watch Me/Sit/reward pattern. Just go slowly and have some fun with the process. If this is hard for you to visualize in your head, no worries, just go to the KISS Dog Training website and click the YouTube icon; then find the playlist “Actual How-To Stuff with Your Dog!!!” and find the video called “Hand Feed Part 3”, and you will get to watch me demonstrate with my pup Lexi!

As your dog starts to get the Turn-Around Game, the next step is to add... Steps! So this time, as you do a Watch Me, get a Sit and then reward the dog, **you now need to turn around and take two to three steps away from the dog, then stop and wait.** The dog should come around the front for a Watch Me and Sit! Before you know it, you will be able to walk all over the house, and whenever you stop the dog will come front, look at you and then sit, patiently waiting for his/her treat and for whatever comes next!

Now let's up the ante and move to the backyard and try the game. As each environment is mastered, increase the distraction level by shifting to a more challenging setting. In fact, add your leash and use this as a way to teach your pup to pay attention on a walk as well. The end result is a dog who not only pays attention but sits patiently in front of you, waiting for further instruction all the while keeping his butt on the ground. Guess what that means? A dog who is not jumping up on you!!!

Dog Trainer's Tip and Warning

The command Watch Me is a fantastic command for basic obedience. However if you are working with any dog showing fear, anxiety or aggression I strongly recommend the help of an accredited trainer. Looking a fearful, anxious or aggressive dog in the face can sometimes be misconstrued as a threat or a challenge. If your dog falls into this category, do not attempt any of these techniques without professional help and supervision!

And now, on to the final three techniques for teaching Fido the manners to greet you correctly in all circumstances, including:

- **How the family has to deal with Fido in the Home.**
- **How Fido should deal with guests in the Home.**
- **How we can practice and teach Fido to meet people in public.**

IGNORE THE BAD, REWARD THE GOOD (15 MINUTE IGNORE)

I don't care how hard it might seem, you will not talk to, look at, or address the dog in any way while the bad behavior is happening! Dogs do not do anything "by accident". If you have a jumper, (and we know that you do, since you bought this book), you are doing something to encourage or reward your dog's most primary need... Attention!!! From now on, or at least until you have changed both you and your dog's behavior, this is the new new way for you and your family to come into the home: You will start by walking in the door and not looking at the dog. If they jump up on you, you will not touch the dog. Rather you will turn your back on the dog, or preferably, you will walk right by.

Some dogs are over the top, and might even jump right up on your back! Let's face it: Your pooch has always gotten what they wanted with this technique, and now you are trying to shut them down cold turkey. Yes, there might be a temper tantrum to deal with (parents will understand this particularly well). You might just have to leave the room and shut the door.

Go into the kitchen and make yourself a glass of iced tea (or an adult beverage, depending on your age and what kind of day you've had!). If the behavior continues, keep ignoring. Go into the bedroom and change clothes, and shut the door if necessary. The goal here is that until you get the

behavior that you want, which should be a dog that is not jumping on you, you will not respond. By ignoring the behavior, you are withholding the reward, which is your attention. *And this is where most owners fail.*

The entire objective of the **15 Minute Ignore** is to take back leadership in your own house without getting loud, physical or being a butthead! Hopefully you now realize that in many cases your dog has learned how to push your buttons to get exactly what he/she wants from their favorite human. Don't feel bad; while I might be great at ignoring bad behavior from dogs, I allow my kids to rope me into this scenario almost daily. So while you let your dogs push your buttons, I let my 13 and 16-year-old sons push mine! (That alone should make you feel at least a little better). The end result is the same. We allow ourselves to forget the idea of "Ignore the bad and reward the good". I simply ask for 15 minutes of your time, and we should be able to fix both the dogs and the kids (knock on wood)!

Let's think about our kids when they are young. We go through the store and do everything we can to avoid the candy aisle, but that one time we take a wrong turn, and there we are. Our kids start asking for candy, and we tell them No. Then they start yelling and screaming that they want the candy, throwing a fit right there in the store. Haven't we all been there at one time or another?! People start to stare, and we are mortified. Here is the turning point: We can either give in, to stop the embarrassment, and give them the candy.... Or we can pick them up, or take their hands and leave the store (without finishing the shopping)... Or we can ignore the behavior, continue down the aisle and complete the shopping, without reacting at all to the temper tantrum. Sound familiar? Read on... (My mom was the queen of this last scenario, by the way).

We are back to not touching, talking or addressing the dog. In essence, you need to ignore them. Be ready though;

Fido is not used to this insolence from his human and trust me, he will try every trick in the book to get you to flinch. Do not blink. Most dogs don't even make it 15 minutes, at the 8-9 minute mark they get pissy and say "TO HECK WITH YOU" and sulk off in the corner and lay down with that huffing noise that only a disgruntled dog can make.

Be careful and don't get cocky, because you are only halfway there. You must now wait a couple of minutes and allow the dog to remain in a relaxed state. This is the moment you have been waiting for: REWARD THE DOG FOR THE GOOD JOB OF BEING CALM!!! Call the dog to you and lavish him with love. If you can pull this off for 4-5 weeks or so, you will have a dog that will not jump up on you when you walk in the door... Because that behavior gets him nothing positive! Fido now realizes that if he wants Mom or Dad's attention, being calm will get him what he wants. In fact with all the other work with hand feeding, Sit/Say Please, Watch Me and the Turn-Around Game, don't be shocked if the dog just plops their butt on the ground in response to being ignored because you, my friend, have already taught him or her that sitting gets good things! See? I told you that this stuff would start making sense. :-)

Now the folks who live in the house can and should ignore bad behavior, and strive to find good behavior to reward. But, it is not advisable to allow our dogs to jump all over our guests. So how do we deal with that aspect of jumping? Glad you asked; flip the page and let's get started!

Dog Trainer's Tip:

Do not forget to allow your dog to go out and go potty before starting the 15 Minute Ignore. I do not want you emailing me saying that since you have started ignoring your dog, he/she is now peeing and pooping all over the

house! The ignore process starts after the bathroom process has finished.

TETHERS (OR CRATES)

Let's start with tethers (we will get to crates at the end). So just what is a tether? It's a metal cable that is coated in plastic or rubber and has dog leash connectors at each end; some folks even use plain old leashes. They are tools that, if used correctly, can teach a dog a great deal; but unfortunately many people use them the wrong way. This is why I think some people have issues with them. So to make sure we start on the right foot, let's set some ground rules first!

- 1. Never, ever, under any circumstance, leave a dog unattended while on a tether. The tether is a tool...not a babysitter.**
- 2. Always make sure that the dog's associations with the tether are positive. The tether is in no way to be used as a punishment. In some cases it might be a management tool, or even to show cause and effect, but only for a very short duration and with very specific directions.**
- 3. Speaking of duration, the time spent on a tether should always be considered. If there is no training taking place, then there should be no tether. Once again: Not a babysitter. In most cases the tether will be used in increments of minutes, and only until an idea is learned. And then it's no longer necessary!**

Next is to set a tether point permanently, or set one temporarily. A permanent tether point is what I use in my own house, and it's reasonably simple. Buy an eye hook, pick your general spot, find a stud in the wall and screw the eye hook into the baseboard or wall. Make sure you go into the stud, or your pooch will end up pulling 8-10 feet of baseboard molding off of the wall. Once done, simply connect one end of the tether to the eye hook, and the other to the dog. The average length of a tether is 30-36 inches.

The temporary point is easier but will have to be set up each time you wish to use the tether. There are basically two ways:

1. **Wrap the tether around something heavy, like the leg of a couch. Make sure you pick something heavy enough to keep the dog in one spot. The size of the dog will usually determine whether this technique will work or not**
2. **Take the cable or leash under any door and then bring it up to the door knob on the back side of the door, or attach some form of stopper that can't fit under the door when closed. Shut the door and *voila*, you have a temporary tether. You can Google pet tethers and get really good images of either of these ways.**

Okay so now you are probably thinking to yourself, *just what am I supposed to do with these tether things?* The scenario goes something like this; the doorbell sounds, and guess what? So does Fido! Now we use the "Park It" or "Go to Bed" command to get Fido to go to his place: A nice com-

fy bed by the tether point. Once the dog is on the bed, you connect the tether and give the dog a nice yummy treat for doing what was asked.

Then you answer the door. Fido can still bark, but can no longer make the mistake of rushing or jumping up on your house guest. In essence, we eliminate the opportunity to practice the bad behavior of jumping. Then you incorporate the 15 Minute Ignore by having the house guest grab a seat and ignore the dog. Obviously, you need to pick a tether spot where the dog can still be part of the family and see the guest, but it should be somewhere that the guest has a dog-free route to a chair or couch (remember: the dog should not have an opportunity to practice jumping!).

You then explain to your guest that you are working with Fido to greet people in an appropriate manner, and that they can help you by simply not looking at, talking to, or for goodness sake *touching* Fido until he calms down. When that happens, we will try saying hello!

Whether you know it or not, most dogs have an attention span somewhere between a rock and a gnat, and if ignored they quickly realize that the behavior is not getting them what they want (attention), and they give up on that behavior. Be warned that if appropriate replacement behaviors are not taught, sometimes Fido's second and third options can be worse than the original problem of jumping! (*Think temper tantrum with lots of pulling and barking on the tether*).

Another positive outcome of this technique is that once Fido sees you interacting with the guest and being totally okay with the situation, Fido starts to think, "Well if Mom is okay with this person, I guess I am too." You have now eliminated the opportunity for the dog to practice rushing to the door, and also jumping on guests. Now we can get to reinforcing and rewarding the correct choices of "Park It" or "Go to Bed".

Now once Fido has relaxed and calmed down, it is time to allow Fido to say hello to the house guest. Depending on how bad the jumping behavior is in the particular dog, there are two ways that this can go:

- **In mild cases, the dog's previous skills will now come shining through, and the dog will run up and sit in front of the guest. In this case the guest can greet and treat the dog, and all is good in the world.**
- **In more difficult cases, the dog might well still jump on the person; in this case we simply lure the dog back to the tether location, re-tether and reward the dog for doing so with a treat, and wait approximately 1-2 minutes and try again.**

Remember that the consequence of jumping is not going to the tether spot again; that is simply the management device to eliminate practicing the wrong behavior. The consequence actually is losing access to the guest, which is what the dog really wants... So in my book, giving a treat for "parking it" on their tether spot, when you ask, is well deserved.

The dog learns from Cause and Effect: *If I jump up, then I will have to go back to my spot and calm down*, versus the other option of, *staying down or sitting equals more access to the new person...* Not to mention petting, attention and maybe even treats!

Over time, you will not need to use the tether anymore. Your dog will learn what "Park It" means, and the management device of the actual tether will not be necessary. Think of a child's playpen; you would never allow an 18 month old child loose in the house while you cooked dinner, would you? No, you would keep a child managed in

a playpen with stuff to entertain them while you cooked. However you don't need to do that (as much) with a five year old! Education takes time; not only to teach good behaviors, but also management so that we don't get the chance to practice and perfect the wrong behaviors!

Set realistic goals, based not on what you want the dog to do, but what you have actually taught the dog to do.

In the end, you and your guests end up with what you both want; a calm dog that knows how to say hello the right way. The tether is only needed early on as a management tool to reinforce the "Park It/Go to Bed" command, and help eliminate the dog from practicing bad behaviors. And please- reward your pooch for time spent on the tether! The dog may associate the rewards with the house guests, which also make the process of getting used to visitors so much easier!

Final thought: There is nothing wrong with consequences for incorrect behaviors. That is life! However, there is no call whatsoever for yelling or physical punishment. Dogs learn what avenue gets them what they want the fastest, and it is our job as dog owners to guide them to the correct behaviors... And that, my friends, means that you have to practice. If you do not have many house guests, then your job is to practice not jumping in public. There is a game for this that I call "50 First Dates", and it is our final technique in getting Fido to choose sitting rather than jumping!!!

Every person is different; some folks just plain don't like the idea of a tether, and that is just fine. In fact many folks will ask me if they can use a crate instead, and the answer is yes! As long as the crate is out in the open in the same room as the guests... Keep in mind there is a big difference between isolating a dog in the back bedroom, and allowing the dog to experience the new house guest, calm down and then be rewarded for correct behavior. One is going to

make the problem worse, and the other will help solve the problem.

So whether you use a tether or a crate is up to you. How to use either is explained above (the rules are the same)... But if you have any confusion on which to use or even how to use them after reading this chapter, your best bet is getting help from a professional trainer to help you through the process!

Dog Trainer's Tip:

Positive/replacement behaviors need to be chosen and made more rewarding than the original problem behaviors, and no matter what, it will take time and practice to achieve your goals. But don't think that you must use tethers, crates or any other tool... They are simply ways that I have found over the years to help get dogs and owners on the same page. And again, they are temporary management devices to help teach new behaviors! Once the new behavior is learned, the tool will no longer be necessary!

A final thought about the "Park It" command: It's best to practice it with no guest present, if you want it to work. If you only practice it when somebody shows up at the door, the process will take longer, and may become more frustrating for the owner. Instead, as part of your hand feeding process, why not add 10 to 15 repetitions each day of:

- **Luring the dog to the "Park It" spot,**
- **Getting a treat,**
- **Being tethered or put in the crate,**
- **Getting a treat, and then...**
- **Getting released!**

Committing to practicing 10 to 15 times a day when there is nobody else there will make the command so much easier when the doorbell actually rings!

50 FIRST DATES

“50 First Dates” is pretty much what it sounds like: Your dog must meet at least fifty new people every week, and there is a specific way that you need to meet these folks. But the bigger question is, how on God’s green earth are you going to find fifty people a week? Go to where they are (and where dogs are allowed too): pet stores, hardware stores, the outdoor patio of your local coffee shop... There are options everywhere! Just Google “pet friendly shopping” or “dining” opportunities, or post the question on social media, and before you know it, you will have tons of options.

Now depending on your dog’s level of jumping, we might decide that the big box pet store might be a little too much to handle, and that starting with the small mom-and-pop hardware store would be a better fit. Because remember: The goal is practicing good behavior (sitting, looking and waiting for a reward and pet), versus being overstimulated and jumping on everybody!

Also keep in mind that this “50 First Dates” idea is coming on the heels of:

- **Hand Feeding**
- **Sit/Say Please**
- **Turn-Around Game**
- **15 Minute Ignore**

- **Tethers (or Crates)**

So while this might seem daunting, your pooch (if you have done the work and followed the directions) should have a pretty good idea of what to do at home. At this point, we are just putting the final touches of our positive behavior out into the distraction of the real world... But still, here are some specifics to make the process go smoother.

Okay, so! You are at the store, and your first person walks up and says, “Oh what an *adorable* dog! Can I say hello?” Well, this is where the magic happens! You say, “Absolutely! But I need your help...” Tell the person that there are three things that they need to help you with, and give the person TWO treats. Then ask them to:

1. **Ask your dog for a sit.**
2. **Give the pup the first treat, and ask him to be “Gentle”.**
3. **Once the dog has taken the treat, go ahead and pet the dog. Lastly, ask for a final sit, and give the dog the second treat before leaving.**

Voila! You have just completed your first date of fifty... Now just repeat that 49 more times! I actually include this as homework for all of my clients, and you would be blown away by how it changes a dog’s perspective on those people they meet daily, but do not live with. Let’s face it; you are teaching your dog three very important things:

1. **To meet people, my butt has to be on the ground!**
2. **Strangers bring presents, and I love them!**
3. **Human touch is a good thing, and is always rewarded!**

Again, this is up to you and whether you are willing to put in the time to have that wonderful pet dog that you always wanted. There are some of you out there that might need help with this, so **DO NOT BE EMBARRASSED TO GET HELP!**

Call a trainer and get some guidance. It will be the best money you could spend; not only for you, but for your dog as well. Again let me stress that this book and the techniques are not for aggressive, anxious or fearful dogs; if working with a dog of this nature, professional help and guidance from a trainer is not only necessary, but essential.

Imagine, if you will, a dog who:

- **Has been hand fed for thirty days.**
- **Has been taught to sit, as a way to request what they want.**
- **Has mastered the Turn-Around Game, and can even play the game on a walk!**
- **Understands the 15 Minute Ignore, and usually sits to get petting in the first 60 seconds.**
- **Knows to go to their spot when they hear the doorbell, and waits to say hello to house guests.**
- **Meets new people 2-3 times a week, and does it politely.**

Now ask yourself if *you* can teach your dog not to jump up on you and other people!

We are getting to the end of this little book, but I have a few final thoughts if you will indulge me. :-)

MY WARRANTY STATEMENT

Okay so we've covered everything about why and how to fix your dog's jumping habit... But I must reiterate two words: FREQUENCY and CONSISTENCY!

If you are not frequently consistent or consistently frequent with the things I teach you, you're going to end up being very disappointed in the results you get from working with me.

This has been my warranty statement since the day I started my business. It is why I don't like being called the dog trainer, and would rather be known as a "people-who-own-dogs" trainer. It's not the dogs I have to train: It's *you*. And people very rarely tend to be consistent or frequent with anything – that includes me too. Let's face it, this is the reason why diets, working out, quitting smoking or any other resolution seems to be so damn hard!

I include this chapter as a reminder to have fair expectations of what your dog will and will not do. Animals are not computers, machines or things that can be controlled. Dogs are simply beings whom we want to share our lives with, so don't look to control the dog that you live with. Instead, learn to *teach* the dog that you live with. In the end I think both of you will be happier for it.

One final note on the training you'll be doing: The word *Fun* is very important in everyone's life; your dog's included. If the training you do is militant, controlling or difficult,

neither you nor the dog will enjoy it. And ironically, neither of you will learn from it.

Think back to your own educational background. Did you learn more from the classes that you enjoyed or from the ones that you hated? Don't forget to have fun! That's probably what you were looking for when you decided to bring a dog into your house. I wish you all the luck in the world, but know it has way more to do with consistency and frequency than luck!

MANNERS MEAN LESS DOGS IN SHELTERS

There is another way that I want you to look at this book, and that is that jumping up is one of the fastest ways for a pet dog to end up as a shelter dog. The number one reason that people give up on their pet dogs and relinquish them to a shelter is problem behaviors. Since you have bought this book, I am willing to bet that you fall into one of two categories:

- **Your dog jumps up; not only on you, but on everybody else, and you are at your wit's end.**
- **You just got your dog and you want to proactively make sure that he/she never learns to jump up on you or other people.**

Most will fall into the first category; many of you will work hard and you will succeed in fixing your jumping problem! Others will fail, get frustrated and end up taking their dog to the local shelter for what, in many cases, is a one way ticket. To those of you who proactively bought the book to fix a problem that does not yet exist, I commend you!!!

Regardless of what category you fall into, you all want to understand your dog a little better. The only difference is

the amount of stress and frustration that you are feeling right now. We are all the same; we just want to love living with our dogs!

If you fall into the frustrated side of the equation or if you are thinking of giving up, I leave you with a website APDT.com, the Association of Professional Dog Trainers where you can do a zip code search for positive reinforcement trainers in your area to help you get things back on track.

The problem is never too out of control or hard to fix when you have someone on your side to help guide you through it. No matter where you stand at this moment, I have no doubt that you can do it! :-)

CONCLUSION

Well you made it, folks: The end of the book! First, I want to say thanks for buying it. Secondly, I really hope that you learned something here in these pages that will help you and your dog to communicate better. The information in these pages has come from many years of helping folks with dogs who like to jump up just a little too much. I promise that if you put in the time and practice *with* your dog (versus *against* your dog), really anything can be accomplished!

If you enjoyed the book, there's plenty more where this one came from! We have several other books, as well as many videos on our YouTube channel (channel name: Mike Deathe). We have an active blog, Facebook and other social media outlets. We love to teach folks to speak Dog as a Second Language!

While writing these books has been a pleasure, my true passion is public speaking. I love spreading the word about positive, scientific-based dog training. Let's face it: There are many people out there who have no idea how easy it is to train a dog, or how enjoyable it can be! So simply Google me, Mike Deathe, or visit our business page, www.kissdogtraining.com (and yes, it does stand for *Keep It Simple Stupid*), if you or your group would like to have me come to give a presentation!

A final thought, and a request if you don't mind: as a small author, one of the greatest gifts that you the reader can

give me is a few minutes of your time, and a review online of this book. This is information that I am passionate about, and I feel that it can help lots of people out there. I just need your support to get the word out! So with that being said, thank you for buying the book, thank you for reading the book, and thank you for being a part of training your dog the *Keep It Simple Stupid* way!

Mike

This book is for all the folks who cringe when the doorbell rings, because they realize that the games are about to begin... Whether you have the dog who rushes the door barking like a maniac, or the dog who jumps up on every single guest that comes into your home. This book will give you simple and easy techniques to get the problem under control. It will even work if you are the only person that your dog jumps on!

It will take time and practice so if you are looking for a quick fix, I cannot help you. But if you put in the time and work with your pooch I promise that this is a problem that can and will get fixed, because you are going to make doing-the-right-thing more fun for Fido than all that other stuff that is driving you crazy.

So take a deep breath, flip the page and lets get to teaching how to achieve "Downward Dog"!

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