



PAWS[®] CHICAGO

TRAINING PROTOCOLS | Jumpy / Mouthy Dogs

The usual profile of a jumpy/mouthy dog is an adolescent or young adult dog with a friendly, confident and playful personality. Generally, these dogs lack training and never learned behavioral inhibition. They jump up on people, grab clothing or leashes, and become very mouthy during play or when aroused.

Because jumpy/mouthy dogs are very high energy and impulsive, they become very frustrated in situations without adequate exercise and enrichment. Mouthy behavior can range from painless or annoying to very uncomfortable, sometimes breaking skin or tearing clothes.

Fear issues from lack of socialization can sometimes be noted in jumpy/mouthy dogs. Therefore, it is important to avoid punishment based training solutions. Punitive or aversive methods may be misinterpreted by the dog resulting in increased anxiety, fear and frustration. If fear issues prevent training from being successful, consult a veterinarian behaviorist for a treatment plan.

All training plans require management to keep the behavior from reoccurring; but exercise, enrichment, and training are also necessary to achieve results.

Exercise and Enrichment

- Increase the dog's exercise routine to at least 2 long walks a day (besides regular breaks to relieve himself). These walks should be a minimum of 30 minutes each and incorporate different routes for enrichment purposes.
- Jogging or running next to a bicycle can also help to tire out a dog with excessive energy. Some owners invest in dog treadmills if they don't like walking or running.
- Teach the dog retrieve a ball in the yard.
- For social dogs, set up play times with other dogs.

Training

- Teach the dog some basic cue's to be used for response substitution. A dog cannot jump up and sit at the same time. ***See Clicker Training Protocol**
- During training, deliver treats from a low position or toss them on the floor to discourage jumping up.
- Teach your dog to relax on a mat or bed ***See Relaxation Protocol**
- Use the dog's daily walks to practice training and impulse control. ***See Dog Walking Protocol**
- Enroll in a clicker training class to help the dog maintain obedience for longer durations and in distracting situations.

Management

- Discourage all jumpy/mouthy behavior from the dog. Consistency is imperative for results. Withdraw all attention and turn away from the dog when jumping or mouthing occurs. Leave the room if this does not help.
- Leash the dog and step on the leash if the jumping persists.
- Use a crate for a time-out during times when management is impossible. ***See Crate Training Protocol**
- Teach the dog that good things happen for responding to the “sit” cue. ***See Managing A Dog’s Behavior Protocol**
- Have the dog learn to sit before and during greetings with other people.