



Foster Program

Foster Dog Behavior Guide

Addressing Jumping and Mouthing Behavior with Your Dog

Does your dog get excited, jump up on you, and sometimes mouth your skin? Here are some tips to remedy this behavior and teach your dog how to play politely with people!

1. Do not encourage them to roughhouse with you. (Although this game can be fun, it can lead to a dog who believes it is appropriate to sometimes bite at skin and clothing when they become aroused or excited.)
2. When your dog is excited, encourage them to pick up a toy! (When a dog has a toy in their mouth they are unable to bite you. They are also less likely to jump up on you as well. Doing this frequently will help your dog get into the habit of getting a toy when they feel excited instead of trying to play roughly with humans.)
3. Keep a leash on your dog and allow them to drag it around the house. (If they become too excited and begin to jump up or try to bite you playfully you can use the leash as a tool to gain control of them and redirect them to a more appropriate activity. You don't need to jerk them roughly with the leash. Just use it to guide them away and encourage them to calm down.)
4. Teach your dog how to respond to the "sit" cue. (If your dog is really good at sitting on cue you can use this as a tool to gain control of them when they are excited and help them settle down. Always reward your dog with treats for sitting when you ask especially if they were previously very excited. If your dog is sitting nicely they are not able to jump up or bite you!)
5. Make sure your dog is getting enough exercise and attention. (If your dog is frequently getting over excited they may need more structured exercise or mental stimulation activities. Walks, playing fetch, training with treats, chews like bully sticks, and food puzzle toys are great ways to provide them with stimulation.)
6. Give your dog a timeout when they bite at you or jump up when too excited. (You have to let your dog know in a way that is kind but impactful that you do not like what they are doing. If your dog does undesirable behavior such as jumping up, or biting at your skin and clothes because they are excited you can give them a time out. There are 2 ways to do this ...)
 - a. Remove your attention from your dog. (Immediately turn and leave the room when your dog jumps or bites you.)
 - b. Put your dog in a confined space such as a crate, or another room when they do the undesirable behavior. (These timeouts should be short, and only used as an opportunity to allow them to calm down. They can come back out to play after a minute or 2.)