



# Jumpy Mouthy

Dogs that are energetic, playful, and outgoing can sometimes develop unwanted behaviors like jumping up and mouthing people. This is not aggressive behavior but needs to be addressed.

There are usually 3 reasons dogs and puppies show jumpy mouthy behavior: trying to play, greeting people, and asking for attention. In all of these cases, there are two key elements.



## 1. Make sure that your dog is getting plenty of exercise.

A tired dog is a happy dog! When dogs aren't given opportunities to burn off their extra energy, they start to misbehave. Give him toys that he can chew on and things to keep him busy when you're gone.

## 2. Ignore bad behavior and reward good behavior.

Puppies play with their littermates using their mouths, so it is our job to show them how **we** want to play. Say "OUCH" if your dog mouths you and then immediately ignore him by turning away. When he is calm again, give him a toy and a scratch on the head. He only gets attention and play time with you when he doesn't use his mouth.

When your dog jumps up, cross your arms, say "OFF" and turn your back. Wait until all four paws are on the ground, then give him quiet praise and a yummy treat. Repeat as long as needed. If your dog knows sit, ask him for one and reward him when he sits.

**Tip:** Teach your dog a "default" behavior to do when he wants something. This could be laying down, doing a "place" on his bed, or going into his crate. Any time he wants something, like food, treats, or to go on a walk, ask for this behavior first. You could also ask this when something exciting is happening that causes his jumpy/mouthy behavior: when the doorbell rings, meeting new people, etc.

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