

Have you ever met a dog who always jumps up and tries to lick your face when she greets you or your friends? You might think it is cute if it is your dog and you know she is friendly. But most others find this behaviour annoying, especially if she has muddy paws and she leaves two streaks of mud down the length of a white shirt. It is also just plain scary when a dog charges toward you and leaps up at your face.

Most people put their hands up to protect themselves (see photo) as a natural reaction. You can use this response to train your dog to be well mannered and not jump. It will amaze your friends!

Just how do you stop a dog from jumping up? Some dog trainers suggest kneeling the dog gently in the chest; however, this only prevents the dog from jumping on the person that punished her. A better, more humane method is to introduce a different behaviour your dog automatically does when greeting people – **sitting**.



Giving the RIGHT SIGNALS

The secret to preventing a dog from jumping up

Step 1: The Sit

Teaching a dog to sit is pretty straightforward. Use a treat your dog loves. Ask (once) for your dog to “sit,” using her name. Slowly bring

your hand up over your dog’s nose with the treat in it and firmly say “Bella, sit!” She should sit. If she backs up instead of sitting, gently push her butt down at the same time as moving the treat over her nose. Praise Bella the moment she sits, “Good sit!” Practice until Bella sits every time, eventually even without the treat.

Step 2: Practice ‘til Perfect

Every time your dog greets you when you return from school or get up in the morning, make sure she sits and doesn’t jump up. Praise her for sitting. Ignore her completely if she ever jumps. Praise and pet only for sitting. This is very important when training a dog. You want to reinforce the desired behaviour and ignore the unwanted – saying “bad dog” or “no Bella!” will only confuse her. Everyone in the household must know that Bella has to sit before any petting, or the training will be ruined and you’ll have to start from scratch.



How do dogs think?
Dogs, think, learn, solve problems and have feelings. The way a dog’s brain is set up is similar to our brain. If you want to compare their thinking to people’s, dogs are about as smart as a two- or three-year-old child. This means dogs can learn to understand about 150 to 200 words, including signals and hand movements with the same meanings as words.*

Doctor dog?

Dogs are being trained to use their sense of smell to find cancers in humans that may be too small to be spotted by doctors. They can even find lung cancer by sniffing a person's breath.*



Step 3: Hand Signals

Dogs will also perform commands with hand signals. In this case, the signal you want to use for sitting is to have both hands flat, palms up, facing the dog (see photo). At the

same

time

you say

"sit," use

this new hand

signal. Once she gets used to seeing the hand signal with the association of the sit command, try just the hand signal. Be patient. Give the hand signal and see if she figures it out. If not, keep practicing both the visual and voice command.

Step 4: Stranger Test

Once your dog understands that when both hands go up she is to sit, you are ready for strangers. This is the cool part. If the training worked, when Bella runs to greet strangers and they automatically put their hands up to defend themselves from a jump up, Bella will sit calmly at their feet. No

doubt they will think, "What a delightful dog. I thought I was going to get leapt on but the dog politely sat at my feet." They won't know how you did it but you will know the secret is in the signals.



Why do male dogs raise their legs to pee?

One message that dogs read from trees is the size of the dog that left that message. By raising their legs, male dogs aim higher on the tree and make themselves seem larger. Some wild dogs in Africa even try to run up tree trunks while they are urinating to appear to be very, very large.*

Why do dogs jump up?

Dogs must think people are weird because we don't like the normal canine greeting behaviour. Dogs greet each other by sniffing and licking the muzzles of other dogs – especially when greeting "pack" members who have just returned. This is why your dog may jump up in an excited way when you get home from school or even when you first wake up in the morning. Our pet dogs are doing something that comes naturally to other dogs. Licking the faces of those they care about.

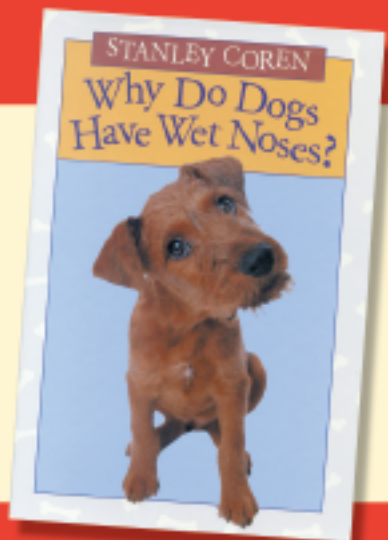
WIN!

Hey Kids Club members! Win a signed copy of *Why Do Dogs Have Wet Noses?*

(courtesy of Kids Can Press) by sending us a picture of your pet and explaining why he or she is special to you! Include your name, address, email and age & send it in to the Kids Club. (Address on back cover) Contest closes June 30, 2006.



*These dog facts are from Stanley Coren's new book for kids, *Why Do Dogs Have Wet Noses?* To find out why dogs do have wet noses you'll have to read the book!





Schooling for your dog (and you)

SADEURAI/ISTOCK.COM

Everyone wants to have a great relationship with their dog. Whether you have a small or large dog, a training class can help. Here are four reasons why:

- a. It's fun – both for your dog and for you!
- b. Training helps a dog know her boundaries (and yours!).
- c. A well-behaved dog is easier to live with and can go out places with you.
- d. A good trainer will help your family build a great friendship together.

The best dog trainers use positive reinforcement and force-free methods. Positive reinforcement is a training technique using praise and rewards for desired behaviour, not punishment. Dogs listen better when they expect something good to happen, not when they constantly fear being punished.

What's your dog IQ?

Test your dog behaviour knowledge with these true or false questions:

1. If my dog Buster does something bad, I should punish him by yelling at him.

It is frustrating when Buster chews your slipper, for example. But

punishing, even by yelling, teaches fear. Buster doesn't know the slipper is special to you. To Buster, it's just another chew toy. Instead of shouting, offer Buster a dog toy in exchange for the slipper. Tip: Next time you see Buster grab one of his toys, praise him for making the right choice. Oh, and go put your slippers out of Buster's reach!

2. Giving Sadie a big hug when I get home from school shows how much I love her.

True for you, not so much for Sadie. People show love with hugs. Dogs

Ahhh, scratch behind my ears!



don't. Oh sure, your dog may allow a hug from you, but that's about it. Dogs feel uneasy when someone wraps their arms around them. They feel trapped. Tell your friends – no dog hugs! Instead, give your dog a rub behind the ears or a rump scratch. Fact: Many dog bites happen to kids hugging dogs.



3. When my dog Molly licks her lips and looks away, it means she is feeling uneasy or anxious.

This is true. Here are some common signals dogs give when they want to be left alone:

- Pulling their ears back.
- Yawning, narrowing their eyes, looking away and licking their lips.
- Turning their back on you and sitting.
- Body shaking (unless they just got out of the bath!).
- Growling, wrinkling their nose, snarling or showing teeth.

4. Old dogs can't be taught new dog tricks.

Just like people, all dogs learn new things all the time. In fact, every interaction shapes his behaviour with you and your family. Do short training sessions every day to practice "sits," "stays" and "comes" in new situations. Give a small treat to reward his behaviour.



5. It is okay to dress your dog up in clothing.

Humans need clothes, dogs have fur. Some dogs tolerate being dressed up but no dog likes it. Dogs usually show the same signals as when they are uneasy (see #3). Respect your dog (and cat) for who they are and don't dress them up in clothes and costumes!



Picking the right collar

All dogs need a collar so you can fasten an ID tag, a dog license and, of course, your leash. But they need the correct collar.

✓ Pick me, pick me!

Good collars are comfortable and do not hurt dogs when they pull. Look for a flat collar, Martingale collar or, particularly if you have a small dog, a harness.



✗ Reject me, reject me!

Bad collars are designed to cause pain to get dogs to stop pulling. Don't use choke collars, prong collars or shock collars.

💡 Tip:

If your dog pulls, ask at your pet supply store for humane collars that prevent pulling without causing pain.

Help with dog training

For family help with dog training, check out these books:



Good Dog! Kids Teach Kids About Dog Behavior and Training by Evelyn Pang and Hilary Louie
Puppy Training for Kids by Colleen Pelar
Family Friendly Dog Training by Patricia B. McConnell

Any books or videos from Sophia Yin, Jean Donaldson or Ian Dunbar are also great sources.

