



Four on the Floor- Jumping Strategy by Emma Parsons

Goal: Teaches dog to approach people and keep all 4 paws on the floor ie. not jump.

- 1) Start with a handful of treats. Imagine a dog-sized bubble at your feet. If the dog enters with all 4 paws on the floor in the bubble, mark “yes” and reward by tossing a treat behind the dog.
- 2) When the dog returns with all 4 feet on the floor in the bubble, mark “yes” and toss a treat behind the dog again.
- 3) Repeat 6X.
- 4) Practice Daily. Mix it up by practicing standing and sitting down.
- 5) *If the dog enters the bubble and jumps, re-set by moving and changing your position.*
- 6) *For a challenge pat hands on thighs or act excitable*
- 7) **When visitors arrive:** Put the leash on your dog and shorten it so the dog is at your side with a loose leash. Anchor the leash to your core. Anytime your dog offers 4 feet on the floor around a guest, mark “yes” and treat on the floor.

Pro Tip: Crunchy treats take longer to eat. If your dog is highly aroused try using crunchy treats to keep their head down to the floor longer, reducing jumping.