Jumping at the door

Use this plan for friendly, overexcited greetings with a willing adult helper. Use the safety screen for fear, guarding, or bite risk.

01 Set the room first Have the helper wait while you set up a secure gate or a comfortable leash and create space. Keep children out of the rehearsal.

02 Pay for paws down Start with the helper far enough away that your dog can keep paws down. Mark and reward paws on the floor before the helper moves closer.

03 Rehearse one step Have the helper approach a step or two. Pause or have them step back if the dog jumps. Restart farther away.

04 Add real life slowly Change one feature at a time, such as the door opening, the helper's movement, or location. Keep a separate calm area ready for actual guests.

What to track
Count jumps in the first 60 seconds of a comparable greeting. Log the person, distance, and movement.

If practice breaks down

If your dog pulls hard toward the helper or cannot disengage, add distance or use a barrier. If there are warning signals or bite risk, end the greeting.

Try one easy repetition
Start with the helper standing still across the room. Mark paws down, reward, and have the helper take one step. If your dog jumps as the helper moves, repeat with the helper farther away.

Reward-based alternatives and management [1, 4].

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14-day training tracker

Name the measure and unit before you start, such as “jumps per 60 seconds.” Record comparable conditions and note when you changed the setup.

Target behavior and measure

Day	Setup or trigger	Result	Comfort / next adjustment
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Day 7 and day 14 review. What improved, and what will I do next?