

A **jumpy and mouthy dog (JAM)** is typically playful, energetic, and spirited. They may jump to greet people or use their mouths to grab hands, arms, jackets, or leashes. These behaviors are natural, especially for dogs that haven't been taught how to say hello appropriately. JAM dogs are not aggressive—they just struggle to contain their excitement.

## Why do dogs exhibit jumpy and mouthy behavior?

- Seeking attention
- Initiating or continuing play
- Expressing excitement or frustration
- Lack of prior training

### Preventing Unwanted Behavior

- **Provide enrichment:** Play, puzzle toys, and mental stimulation can prevent frustration.
- **Consistency & routine:** A structured day helps reduce anxiety.
- **Limit handling:** Allow the dog to become comfortable before excessive touch.
- **Withdraw attention:** Ignore the behavior rather than push or scold.
- **Use barriers:** Keep a safe distance with gates or leashes when needed.

### Encouraging Preferred Behavior

- Identify rewards (attention, treats, toys, play).
- Reward calm behaviors (eye contact, sitting, all four paws on the ground).
- Signal and reinforce good behavior immediately.

### Training Strategies

- Identify rewards (attention, treats, toys, play).
- Reward calm behaviors (eye contact, sitting, all four paws on the ground).
- Signal and reinforce good behavior immediately.

### Handling Jumping, Mouthing, or Leash Biting

- **Freeze & stop walking:** Do not tug the leash—this turns it into a game.
- **Turn your back:** Keep hands against your body.
- **Encourage "settle":** Reward lying down calmly.
- **Use a second leash:** If the dog bites the leash, let go of the first one and use the second.
- **Teach "leave it":** Use a treat to encourage the dog to drop the leash before adding the verbal cue.

### Additional Training Tips

- Teach "go-to-mat" and "stay" to encourage calm behavior.
- Avoid roughhousing or high-arousal games.
- Offer a favorite toy as a positive outlet.
- Use an "all done" cue to signal the end of play.
- Ensure both physical and mental enrichment through structured activities.

### The Importance of Consistency

*Every handler must approach training the same way. Dogs learn cause and effect—if jumping doesn't get them attention, but calm behavior does, they will adjust. Ensure all interactions reinforce polite behavior.*

**Training Video Resource:** [Jumpy Mouthy Training \(video\)](#)