

HIGH AROUSAL / FRISKY BEHAVIOR

Managing a high-arousal dog prone to jumping and humping out of excitement requires a combination of behavior modification techniques, training, and management strategies. Here's a comprehensive plan:

MANAGEMENT

- **Prevention:** Anticipate situations that trigger excitement and humping, such as guests arriving or going for walks, and manage the environment to prevent the behavior. For example, keep the dog on a leash or in a separate room when guests arrive until they calm down.
- **Distraction:** Carry treats or favorite toys during walks or when guests arrive to redirect the dog's attention away from humping. Use these distractions to encourage more appropriate behaviors like sitting or playing with toys.

TRAINING

- **Incompatible Behaviors:** Teach the dog incompatible behaviors like sitting or lying down. Practice these cues regularly in low-distraction environments and gradually increase the level of distraction.
- **Positive Reinforcement:** Reward the dog with treats, praise, or play when they perform the desired behaviors like sitting or lying down instead of jumping or humping.

LOW-AROUSAL GAMES

- **Pattern Games:** Engage the dog in pattern games like 1-2-3, Ping Pong, and Up/Down where you establish a predictable sequence of actions for the dog to follow. This helps channel their energy into a structured activity.
- **Relaxation Protocol and Calming Exercises:**
 - **Relaxation Protocol:** Implement a structured relaxation protocol where you gradually teach the dog to relax in different environments and situations. This often involves teaching them to settle on a mat or bed and rewarding calm behavior.
 - **Calming Exercises:** Practice activities that promote relaxation, such as gentle massage, slow breathing exercises, or playing calming music during quiet times.

Consistency is key in training and management. Be patient and persistent, and always prioritize positive reinforcement and reward-based training methods. If the behavior persists or worsens, consider consulting a professional dog trainer or behaviorist for personalized guidance. See next page for step by step instructions for the pattern games mentioned above.

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1-2-3 GAME

A pattern used while walking next to the dog. You count out loud and on three feed dog a treat.

1. Place a treat in your fist and hold your hand in front of your dog's muzzle
2. Say "Three" and open your hand for your dog to eat the treat. Repeat a few times.
3. This time, say "two, three" and open your hand. Repeat a few times.
4. Now begin counting, "1-2-3" and open your hand on "3." The sequence is "1-2-3," treat, "1-2-3", treat...
5. Begin walking backward with your fist held out as you count to "3".
6. Transition to walking forward and offer your dog a treat right next to your leg (heel position).

PING PONG

The dog gets to chase treats back and forth in front of a person!

1. It can help to warm up with Up-Down (see Up-Down plan)
2. Once your dog is in the pattern, try rolling the treat a little way to the right.
3. After the dog chases it and returns to you, mark the return (say "Yes!") and roll a treat to the left.
4. If your dog does not immediately come back to you, try rolling the treat a shorter distance or even just setting it down to the side.
5. As your dog gets better at the pattern, you can increase the distance you roll the treat.

UP-DOWN

This is a pattern done by putting a treat on the ground in front of the dog's paws and repeating after the dog makes eye contact.

1. You put a treat on the ground
2. Dog eats the treat
3. Dog looks up (orients to you)
4. You mark "Yes!" and place the next treat on the ground.
5. Repeat steps 2- 4.