

HIGH ENERGY DOGS

High energy dogs tend to display jumpy and mouthy behaviors. Dogs that jump up and mouth people in a friendly manner are either trying to play, get your attention, or simply trying to say hello. Most dogs that display these types of behavior are young and need more enrichment, exercise, and training. To correct these behaviors we suggest you practice the training techniques listed below.

STEPS TO TAKE:

- I. **Encourage your dog to greet and play politely.** Teach your dog to sit before interacting with people.
- II. **Discourage unacceptable jumping and mouthing.** Do not encourage rough play, such as wrestling games, with your dog. It will only encourage and teach your dog that it's ok to play rough with other people.
- III. **Provide your dog with plenty of exercise and training.** Dogs that are exercised on a daily basis and have outlets for their energy are less likely to display unwanted behaviors. Always remember this statement: A tired dog is a good dog! Exercise is crucial to maintaining good behavior and keeping unwanted issues from surfacing.
- IV. **Take your dog to an obedience class.** This will benefit everyone from family members, friends, and even neighbors. It also will help build a stronger bond between you and your dog. The goal of training is to make your pet a safe member of your family and society.
- V. **If your dog jumps up on you to beg for food or to greet you when you come home, turn away and do not acknowledge the behavior.** Giving in and letting them have a piece of your food is only rewarding the jumping behavior. If you pet your dog when you come home while he/she is jumping all over you, you also are praising that behavior. If the jumping and mouthy behavior doesn't stop by ignoring your dog, give them a time out for a few minutes. Either put them in their crate or walk out of the room.
- VI. **Problems That Result from Lack of Exercise, Boundaries, and Play:** Destructive chewing, jumping on people, play biting/mouthing, and other attention seeking behaviors like barking/whining, or excitability.

If you have behavioral questions you would like to discuss, please contact HSHA's Behavior Team at (717)564-3320 ext.118 or see the list of area dog trainers.



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