If you can figure out when this happens (time of day, after an exciting event, etc.), basically what happened PRIOR to the humping, then you can re-direct and engage the dog in a different behavior BEFORE it begins. (see the Substitution Routine)

However if the dog is humping your leg, it is more difficult to deal with. If you can ignore by standing still and being quiet, it usually stops and often takes only ONE time to ignore it and it never happens again.

Sometimes if you attempt to walk away this throws them off balance and they stop.

BEWARE OF OUTDATED TRAINING ADVICE:

Odd training methods are plentiful on the web that rely on punishment, which causes frustration and fear and can damage the human-animal bond. These outdated methods, which can be very harmful both physically and emotionally to the dog include:

- Yelling, hitting, or kicking
- Scruff shakes or Alpha rolls
- Shock collars
- Squirting water in face

DO NOT USE THESE METHODS

How can you teach your dog to NOT HUMP the pillow, or another dog, or your leg?

1. The **easiest** and best thing to do is to **IGNORE IT** unless it creates another unwanted behavior. Ignoring means NOT looking at, talking to, or approaching.
2. Walk out of the room. Most often the dog wants to know where you are going and stops to come with in case there might be a treat in his future!
3. You can train a set of incompatible behaviors that when chained together are what the veterinary behavioral community calls a response substitution aka **The Substitution Routine.**

What is the Substitution Routine?

It is a string of obedience behaviors you choose that can be done one after the other.

- The routine can consist of as little as 1 or as many as 5.
- They must be ones your dog can do reliably.
- Sit, down, watch me, touch, shake, are some examples.
- The important thing is that the dog can EASILY do them WITHOUT failing.

The string of behaviors you choose will be your **substitution routine**.

Example: ask dog for a SIT = C/T **(click and treat*)**
ask for a WATCH ME = C/T
TOUCH = C/T

*Please refer to the section: ***"Four Easy Steps to Clicker Training"***

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Training the substitution routine:

- You will reward EVERY time and for EVERY behavior that you have asked for.
- Repeating in any combination builds a positive association for this new routine.
- Practice 3-5 times a day for 3-5 minutes.
- Practice at calm times - building a positive association so if your dog does **react** he will more easily be able to begin the **action** of the **substitution routine.**

How to use the "Substitution Routine"

The **routine** is done so the dog can learn to **substitute** a different behavior other than the **humping**. Have the dog on a short "leash" or "tab" and when you see the signs that he is getting to the uh-oh stage OR if it happens too quickly to see it coming and he is "in progress", you will pick up the leash/tab and move the dog away by simply walking out of the area or into another room. It is important that you create distance from the "scene".

Applying the routine once you have re-directed your dog:

Begin the **substitution routine**, repeating the string of behaviors in no specific order, quickly and in rapid succession.

Continue the **routine** for **3-5 FULL MINUTES**.

When you're done, you will now give him something to keep him occupied (a stuffed kong, a toy, a bully stick, etc.) so he does not have the opportunity to go back to humping.

Helpful tips:

- Do NOT leave your dog on a leash unsupervised. Remove it when done training.
- Do NOT do a tug-of-war with the leash. Just hold it securely at your hips while you turn in the opposite direction allowing your dog to follow so you can work the ***routine***.

SUMMARY

Remember this simple rule: That which gets attention -- flourishes.

Ignoring what you don't like will keep the dog from being reinforced without you having to do anything – BUT you must remember to pay attention to the dog when he is NOT humping.

REWARD WHAT YOU LIKE
IGNORE WHAT YOU DON'T

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Four Easy Steps to Clicker Training!

We use the sound of a ***clicker (***or the word ***yes)*** to let the dog know that at that very moment in time, what they just did is going to earn them a reward. Since dogs are more likely to repeat behaviors that are rewarding, this is the foundation for training.

1. **CAPTURE**
2. **MARK**
3. **REWARD / PRAISE**
4. **RELEASE**

CAPTURE –
Lure or cue your dog to do a behavior such as **SIT**. Once your dog arrives in that position you
MARK –
Click as soon as your dog sits… (the word YES can be used in place of the Click)
REWARD / PRAISE -
Now that you've "Marked" the behavior you want, In this case, your dog has arrived in the **SIT** position. You would now give your dog a treat and lots of praise. Then you quickly
RELEASE
By saying your release cue, which could be "All Done" or "Okay" or "Free"

The Click marked the moment in time when your dog earned their reward.
You are trying to get your dog to stay there until you release, but until that happens, it is proper to always reward once you have marked any behavior. Even if it's accidental!!
CLICK = TREAT
YES = TREAT
ALWAYS!!!!!

For more information or to contact a behavioral trainer:
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