



Cat Introductions

**You adopted a second cat? Congratulations!
Here are some ideas to help your two cats to become friends.**

Provide a Safe Room

Your new cat needs a “safe room” of its own for a few days. It should have all the stuff a cat needs: food, water, litter box, scratching post, and bedding. Hiding spots, climbing areas, and toys would be good too. Your new cat might also like to sleep on a piece of your clothing.

Swap Scents

Cats use smell to “talk” to one another. Next you should swap their scents. Think of it like wearing team outfits!

- Rub a clean sock on your new cat's face.
- Put the sock in your old cat's area.
- Rub a clean sock on your old cat's face.
- Put the sock in your new cat's area.

They will learn a lot about each other from these socks!

You can also swap bedding, scratching posts, litter, and toys. You can even swap spaces. Use carriers to safely move the cats. Let them explore each other's space before moving them back.

Supervise Eating Behind Closed Doors

Help them get closer to one another. Set up their food dishes just on either side of the “safe room” closed door. If they react calmly after feeding, slowly open the doors a crack for them to see each other. A baby gate can provide extra safety.

Supervise Play Time Together

Ask a family member to help with a play date. Play with your old cat in the main living area of your house. Have your helper bring in your new cat. Catch your new cat's interest with a toy. After a few minutes return your new cat to its room. If they're being calm, make each new play date longer.

Remember, reward your cats for doing what you want. If you give them a treat or toy each time that they're nice, they might decide that living with each other is great!

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.



Five Things Your Cat Needs For A Healthy Happy Home!

SAFETY

Cats need hiding places to feel safe. These spaces should be just the right size for your cat. They should also be a mix of high and low—where your cat can see what's happening, away from the action. Your cat will love lighted, warm spaces (think sunbeam through a window). Make sure they aren't near dangers like electrical cords and plants pots!

SUPPLIES

Help keep peace between your cats. Give each cat their own food dish, water bowl, litter box, and scratching post. Because cats often don't drink enough, place water bowls in several locations. The litter box should be at least as long and wide as the length of your cat. The ideal scratching post will be tall enough that your cat has to "reach" for the top, and it will be made of sisal.

PLAY

Even though we provide our cats with food, they still have the instinct to hunt, and will love if you encourage this type of "play." Let them stare at a toy and then move into position to stalk it. Watch them wiggle their behind to signal an attack. Allow them to then pounce, then roll onto their side, and finally to kick or bite the toy. Give your cat self-play toys such as plush mice, battery-operated, puzzle toys/feeders, and toys that you can use to play such as cat wands.

COMPANY

To encourage your cat to spend time with you: call your cat, sit on the floor, put out your hand, and wait. Talking quietly and moving slowly might help, as could treats or toys. When your cat comes, pet its favorite spots: head, chin, and on the back close to its tail. Keep interactions short and sweet. Let your cat come and go as it wants.

"SCENTS"

Cats rely on smell to find food, recognize people and objects, and to communicate. When your cat rubs against you or other stuff in the house, your cat is leaving its scent behind. This make your environment smell more familiar to them. Give them plenty of scratching areas and don't remove objects that they've rubbed against. This helps your cat feel secure and safe in your home.

Try all these tips and you'll be well underway to making your cat a faithful furry friend forever!

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.



New Cat

**Congratulations on adopting a new cat into your family!
To give your cat a happy start in their new home, here are some tips:**

Buy the Basics

Offer food, water, two litter boxes, a scratching post, and bed. Toys are also important.

Note: If your cat hasn't eaten or used the litter box after two days, talk with your vet.

Provide a Safe Space

When you first bring your cat home, house them in a small room. Put a piece of your clothing in their space, so your cat can get used to your scent. When your cat is ready, let them explore one room at a time.

Note: A new cat can take a few days to a few weeks to adjust.

Offer Hiding Spaces

Provide a mix of high and low hiding spots. Make sure they fit the size of your cat. Your cat should be able to tuck themselves away but still see what's going on.

Develop a Routine

Set aside specific times for meals, play, and other activities like hanging out and reading to them.

Don't forget grooming! Keeping them clean, with fur and teeth brushed and claws trimmed helps keep everyone happy.

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.

Secret Language of Cats Continued

WHISKERS



Whiskers to the side mean your cat is relaxed and happy. Use the opportunity for a petting session!

Fanned forward whiskers is a sign that your cat is on the prowl and ready to play. Their cheeks will also appear to puff up.

Pulled back whiskers are a sign of fear. Your cat is trying to look smaller and should be left alone.

TAIL



A high, curved tail says your cat is in a friendly mood. A little twitch or a slight curve can mean your cat is asking you to hang out or play.

A loose swishing tail says your cat is concentrating on something. You might see this before your cat pounces on toys or food.

Tight whipping tail says that your cat is “getting riled” and maybe it is a good time to stop playing so your cat can calm down.

If your cat crouches with their tail tucked or lowers their tail or wraps it around themselves, they want to be left alone.

If their tail is raised and puffed out like a pipe cleaner, your cat feels “backed into a corner” and will try to scratch or bite what comes close.

If they curve their tail around you or one of their fellow pets, that is a sign of friendship!

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

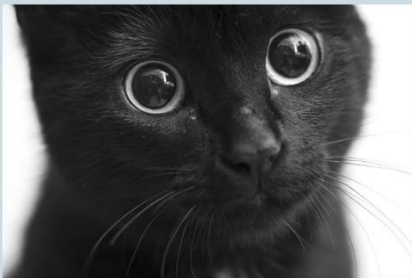
www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

Secret Language of Cats

**Did you know your cat is talking to you every day?
Not just with a “MEOW”, but with their eyes, ears, whiskers, and tail!
Read on to learn more about the secret language of cats.**

EYES



Wide-open eyes mean your cat is feeling friendly, curious, or excited. Half-closed eyes mean your cat is relaxed.

Slit eyes and narrowed pupils say your cat is feeling stressed, scared, or angry. They want to be left alone!

Staring says your cat is feeling bossy.

Slow blinks are a sign of love. If you receive one, return the love with a slow blink that says: “Back at you”!

EARS



Forward ears say that your cat is content. They might even want to play.

Straight up or twitching ears say that your cat is on alert. Maybe they are on a mission... by keeping their ears straight, cats can hear what they need to make a great pounce.

Sideways and backwards ears that look like they're in “airplane mode” mean your cat is ready to “take off”. Your cat may be feeling anxious or ready to defend itself. Let your cat find a hiding space until it feels safe to come out.

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

**Looking for ways to give your cat fun during the summer months?
Try the following five activities and then take photos of your cats doing them.**

Treats

Provide your cat with a cool meaty treat! Drain the water off your cat's wet food and freeze it in an ice cube tray. Other meaty options include the juice from canned tuna or chicken, along with little pieces of meat. You might also sprinkle in a dash of cat nip.



Water Fun

Blow catnip bubbles for your cat! Many cats will jump up and try to pop bubbles as they float around. There are flavored bubbles available at pet stores that are non-toxic, edible, and safe for pets to bite at and snap right out of the air.



Forage Boxes

Satisfy your cat's need to dig and root around with a forage box! You can build your own by filling a cardboard box or storage container with treats, toys, or safe outdoor objects like leaves, pinecones, rocks, and twigs.



Tricks

Not all cats catch on to "Fetch," but if they do it's a great summer trick. Sit on the floor with your cat and toss a favorite toy. When your cat brings the toy back, give them lots of love and say, "Good fetch!" They might learn this is a fun game and ask for more.



Outings

Take your cat on an evening stroll in your backyard, neighborhood, or a nearby park, trail, or lake. Make sure the temperatures are cooling off and the breeze is light. Use a harness on your cat, and a reflective leash to make you and your cat easy to spot. Make you have plenty of water for the trek.



Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.

**Looking for ways to keep your cat healthy during the winter months?
Try the following five activities and then take photos of your cats doing them.**

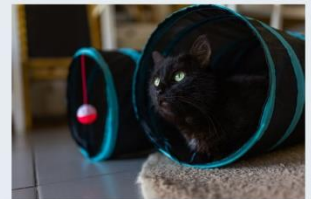
Hide and Seek

Encourage your cat's hunting instinct by hiding treats or toys where your cat will easily find them. Then challenge their prowess by using more difficult hiding places. You could also throw treats or toys under tables/chairs and have your cat chase seek them out.



Obstacle Course

Work your cat's mind and body with an obstacle course! Use objects around the house such as cushions, blankets, chairs, and sofas. Make sure nothing can fall on your cat and hurt them. If you want to get fancy, create an agility course using chairs for jumps, paper bags (with the bottom and the handles removed) for tunnels, and water bottles for weaves.



Light Tag

Get your cat to chase and "tag" a moving light! Use a mirror to reflect sunlight onto the floor, turn on a flashlight in the dark, or use a laser pointer. NEVER shine the light in your cat's eyes. Reward your cat with a treat when the game is over, so they don't get frustrated from not catching their "prey."



Kitty Workout

Exercise is good for you and your cat! Walk up and down stairs with your cat. If your budget allows, an exercise wheel designed for cats can provide a fun way for your cat to be physically active indoors.



Yoga

Some human yoga classes are "cat friendly." You and your cat can stretch, de-stress, and relax together. If there isn't a local class, buy a yoga mat and find a yoga show on television or the internet.



Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.



Cats & Carriers

It's time to take your cat to the vet. You're wondering how long it will take to get the cat into a carrier – or even if you can. You might be worried about scratches and bites too!

We're here to help. For each step, watch your cat's body language. Only proceed if your cat is comfortable.

MAKE THE CARRIER AVAILABLE

Place the carrier in an area your cat uses all the time. Allow them to get used to seeing the carrier. If the only time your cat sees the carrier is for a vet visit, it won't want to go in.

TURN IT INTO A HAPPY PLACE

Make the carrier a happy place. Leave the door open and place a favorite blanket inside. If your cat is food-motivated, place a trail of treats near the carrier or throw treats in its direction to encourage your pet to explore it. Or, if your cat is play-motivated, try playing near the carrier or throwing balls towards the carrier.

INTRODUCE A VERBAL CUE

This would be a good time to introduce a verbal cue, such as "Go to carrier" so that you can get your cat into its carrier quickly and easily anytime you need.

CLOSE THE DOOR, BRIEFLY

When the cat is inside, close the carrier door. The first time you do this, keep the door shut for only a few seconds. Then open it back up and give your cat lots of treats or toys and praise. Repeat and slightly increase the length of time the door is closed.

LIFT THE CARRIER, BRIEFLY

Lift the carrier. The first time you do this, lift the carrier for only a few seconds. Again, follow with rewards, repeat and slightly increase how long you lift the carrier each time.

MOVE THE CARRIER, BRIEFLY

Walk around with your cat inside the carrier. Start by moving the carrier a short distance within the same room, then to a different room, and then to the door.

USE THE CARRIER FOR OUTINGS

Continue using the same process of starting small and then increasing the length: take your cat outside, into the car, for a short drive, and on fun outings. In the car you might want to play soft music and spray the carrier with "happy cat" pheromones from the vet. Outings can be as simple as sitting in your yard with your cat in its carrier.

When your cat views its carrier as a safe place, you're better prepared for vet visits and travel. Here's to a happy trip to the vet, with no stress, scratches or bites!

Lakes Animal Friendship Society

 www.lakesanimalfriendship.ca

 www.facebook.com/LakesAnimalFriendship



Allison Helps Cats

www.allisonhelpscats.com 

www.facebook.com/AllisonHelpsCats 

This handout was created by Allison Helps Cats for Lakes Animal Friendship Society. Info is based on her knowledge and experience as a cat behavior consultant. She is not a veterinarian. Please consult your vet for your cat's health.