

PURR-SUIT OF HAPPINESS

Cats are intelligent predators that are highly sensitive to their environment. Understanding this helps explain why they need daily "hunt sessions," places to perch, scratching surfaces and opportunities to explore their surroundings. Interactive play builds confidence, reduces unwanted behaviors and satisfies their natural instinct to stalk, chase and hunt. Choose toys that engage all five senses.

Enviornment

Cat trees, window perches, tunnels, boxes or catios.

Visual/Auditory

Cat TV (on YouTube), sound machines, bubbles or soft music.

Taste/Smell

Catnip, silvervine, pheromone spray, foraging mats or puzzle feeders.

Touch

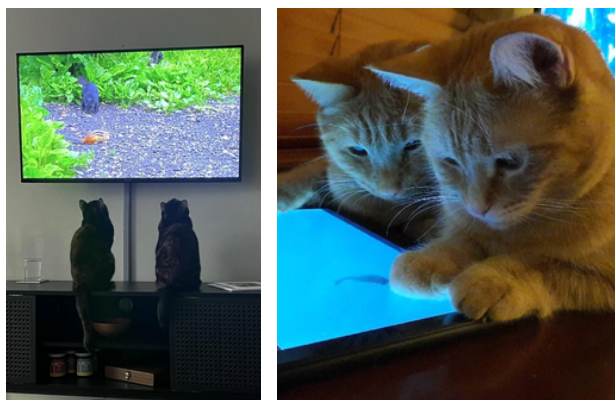
Wand toys, coils, kick sticks, pom poms, scratching posts or brushing.

PLAYTIME WITH PURPOSE

Bringing a cat into your family means creating an environment that keeps them **mentally stimulated and physically active**. Enrichment helps satisfy their natural instincts, builds confidence, reduces stress and allows them to live happier, healthier lives.

Aim for two play sessions every day using interactive wand toys, balls, mice or toys that encourage your cat to stalk, chase and catch.

Cat screen time? Yes! There's a great deal of content made specifically for cats – just search YouTube for "Cat TV" and you'll find plenty wildlife nature scenes to captivate your cat. Ensure your TV is mounted and volume is up.



Kittens have especially high energy levels and need plenty of play. Rotate toys regularly to keep playtime exciting and prevent boredom.

As kittens lose their baby teeth, you may notice an increase in biting and chewing behaviors, so be sure to provide appropriate teething toys.

Never use your hands, feet or other body parts as toys. While it may seem harmless, it can teach kittens that biting and scratching people is acceptable play behavior. If your kitten is frequently attacking your ankles, it's often a sign they need more interactive play.

[View Mikel Delgado's *Interactive Cat Play* handout for more information](#) 



SKIP THE LASER POINTER

Laser pointers can create frustration and stress because cats are unable to physically catch their prey. We recommend choosing other toys that are interactive.