

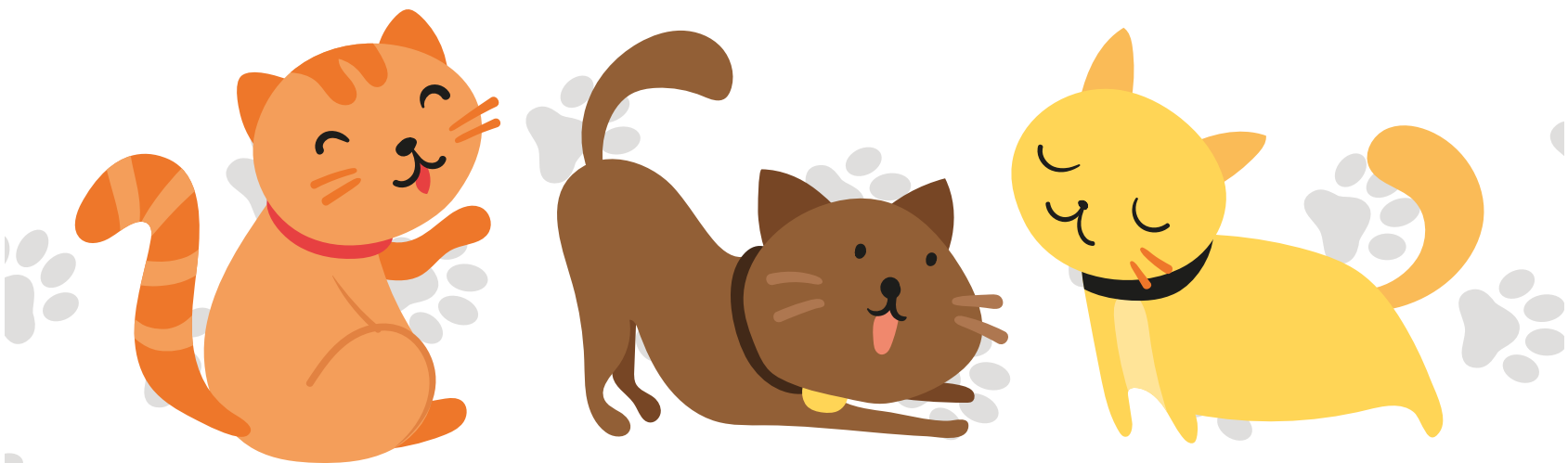


# New Cat

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

<b>Buy the Basics</b> <i>(If your cat hasn't eaten or used the litter box after two days, talk with your vet.)</i>	Offer food, water, two litter boxes, a scratching post, and bed. Toys are also important.
<b>Provide a Safe Space</b> <i>(A new cat can take a few days to a few weeks to adjust.)</i>	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.
<b>Offer Hiding Spaces</b>	Provide a mix of high and low spots. Make sure they fit the size of your cat. They should be able to tuck themselves away but still see what's going on.
<b>Develop a Routine</b>	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.	

**Disclaimer:** This checklist is intended to serve only as a starting point. A cat with inappropriate behavior should always see a vet for a health check. If your cat receives a clean bill of health, please consider contacting a cat behavior consultant. Many behavior modification techniques have detrimental effects if misapplied. A qualified professional will take a complete behavior history, develop an intervention plan customized for your cat, and guide you through its implementation.



## WANT TO IMPROVE THE RELATIONSHIP BETWEEN YOU AND YOUR CAT?

Find answers to your cat's behavior from the comfort of your home through my services. I offer educational content, Q&A chats, webinars, classes, and consultations to solve your cat's behavioral needs. Contact me at [allisonhelpscats.wordpress.com](http://allisonhelpscats.wordpress.com)



# Shy Cat

For shy cats, even their own home can be scary. You can help them adjust by following the tips for new cats AND the following ideas.

<b>Provide a Quiet Presence</b>	<p>Place food near your cat and then staying in the room while your cat eats. Play classical music or nature videos and/or read to your cat.</p> <p>Greet your cat with slow blinks, speak softly, and sit sideways to your cat. Offer food from your finger, lure them with a toy, and pet them gently.</p> <p>Avoid making loud noises or quick movements.</p>
<b>Bridge the Gap</b>	<p>If your cat might swat, use a back scratcher to provide food or a toy to encourage play. With less scared cats, give your cat the opportunity to sniff your finger a few times before trying to pet it.</p> <p>Lure your cat towards you by slowly bringing food closer and closer to you. When your cat moves towards you to sniff or touch, praise and reinforce with treats or toys.</p> <p>Allow your cat to disengage when it chooses.</p>
<b>Build Confidence with Training</b>	<p>According to Jackson Galaxy, with training that positively reinforces good behaviors, a shy cat can learn to feel comfortable coming up to the front of its cage to meet a potential pet parent. Whether at a shelter or at home, cats gain confidence through training sessions.</p> <p>You can teach your manners such as sit, stay, go to mat, and come. Alternatively, you could teach your cat to do fun tricks, such as twirl, stand, roll over, or even fetch. More active cats might enjoy agility tricks such as jump, tunnel, and weave.</p>

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