

## ADOPT DON'T SHOP!

Cats are supremely deserving and appreciative of a second chance at life. When you adopt, you save a life... and in turn enrich your own.

By the way, cats can live up to 20 years. Are you in for the long haul?

## LOVE YOUR CAT



Petting and holding your cat helps build a loving relationship between the two of you. Try to pet and talk to your cat at least twice a day. The head, chin and neck are often her favorite spots to be touched.



## THE THING WITH THE LOO..

Cats like it clean. The rule of thumb applies; 1 litter box per cat plus 1. The litter box should be scooped out daily and completely washed out every two weeks. Look for fragrance-free cat litter, to protect your cat's sensitive nose.



## BALCONY AND OUTDOOR SECURITY

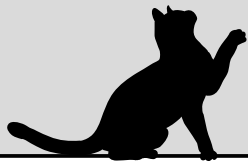
Cats enjoy safe access to the balcony. A cat safety net protects them from falling into the depths. Your cat should only be allowed to go outdoors if there is no busy road nearby.

## SLEEP AND CHILL

Cats sleep 12 to 16 hours a day. If the house is busy and noisy, your kitty will likely want somewhere quiet and secluded to sleep. Most cats enjoy being in high places but also like to lay in a cozy cat cave on the floor. With a cat tree you cover both preferences.

## WINDOW SEAT WITH A VIEW

Create a cozy spot for your cat by the window. Windows with an interesting view provide important visual enrichment for cats. If they can watch a few birds or people walking by, their luck is purrfect. Tip: Never tilt windows, they can be deadly traps for cats.



# THE HAPPY CAT SHEET



## SCRATCHING FOR THE SOUL

Cats love to sharpen their claws. To avoid damage on furniture, put scratching towers or scratching boxes around the house.

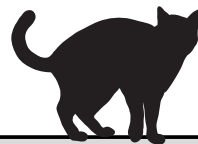
Tip: Rub catnip on the scratching pad, this will encourage your cat to use it.



## ENTERTAINING YOUR CAT

To avoid boredom, you can offer your cat the following activities.

- Activity boards / food puzzles
- Cardboard boxes / cat tunnels
- Another feline friend
- Clicker training
- Toys



## PLAYING = HUNTING HUNTING = PLAYING

A tired cat is a happy cat. You can imitate hunting with various playing techniques. Try using a feather wand or other chasable toys. 2 x a day 10 -15 minutes of intensive exercise and your kitty is a happy one.

## TWO CATS ARE BETTER THAN ONE

Cats are solitary when it comes to hunting but most of them enjoy social interaction outside their eating business. Having another cat around can lessen boredom and loneliness when they're alone, this is especially true for indoor cats.

## FOOD AND WATER

Try the combination of wet and dry food. Cats like variety. When buying, look for single and high protein food with a low carb content. Fresh water and cat grass should be available at all times, especially for indoor cats.

## FELINE WELLBEING

Only a healthy cat will feel good. Pay attention to your cat's posture or changes in her daily routine. Schedule at least 1 vet check-up per year. At [cathealth.com](https://www.cathealth.com) you'll find valuable information around your cat's wellbeing.