

# 3/3/3 Rule When Bringing a New Cat Home

Every cat is unique and will adjust at a different pace. These are general guidelines that most cats will benefit from.



## 3 Days

### Decompression

- May feel scared, unsure, or curious
- May not be interested in food
- May sleep a lot, be restless and talkative
- May hide or not want to come out
- May startle easily or try to bolt

### What Can We Do?

- Restrict the cat to one room
- Consult your veterinarian if the cat hasn't eaten for two days
- Set up the litterbox, food, and water before bringing the cat home
- Keep the environment quiet and safe, allowing hiding spots, vertical spaces, and scratching posts
- Visit the cat multiple times, read to them, play soft music, do not force physical interactions, and end on a good note by leaving a treat behind
- Ensure windows are closed and locked

## 3 Weeks

### Settling In

- Appears to feel more comfortable
- Should be adjusting to the routine and household noises
- May get more bold with testing the boundaries
- Behavior issues may appear

### What Can We Do?

- Expand the cat's territory to explore different areas of the home
- Start or continue with slow, proper introductions to other animals in the household
- If the cat is reacting negatively to something you may need to take a step back and reassess
- Provide mental enrichment through vertical spaces, continue with daily play
- Reach out for advice from a trainer if undesired behaviors pop up

## 3 Months

### Part of the Family

- Has built a bond and trusts the family
- Has adjusted to the schedule and environment
- May still test the boundaries at times
- Owner and cat should be communicating efficiently

### What Should We Do?

- Continue socializing your best friend
- Continue to provide fun enrichment and play on a daily basis
- Maintain a schedule
- Continue to reach out for advice from a trainer if undesired behaviors pop up or continue