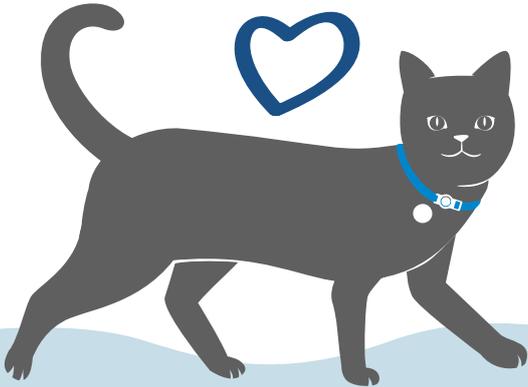


HAPPY, HEALTHY CATS



Every cat needs certain things to feel safe, happy, and healthy.

When these needs are met, and your cat is free from illness, your cat feels good. Feeling good is good welfare.

HERE ARE 5 IMPORTANT NEEDS EVERY CAT HAS:



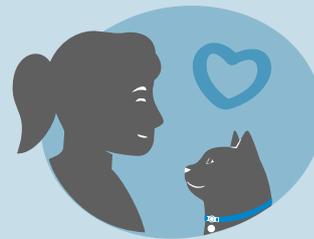
Health and comfort

- Food, water, litter trays, toys, scratchers, and beds in the right spots.
- Vet care when they need it.



Activity and rest

- Fun games that mimic hunting every day.
- Hiding and resting spots on the ground and up high.



Company

- But on their terms.
- Many cats like hanging out near you, but don't want to be touched or picked up.
- Many cats don't want to live with other cats or animals.



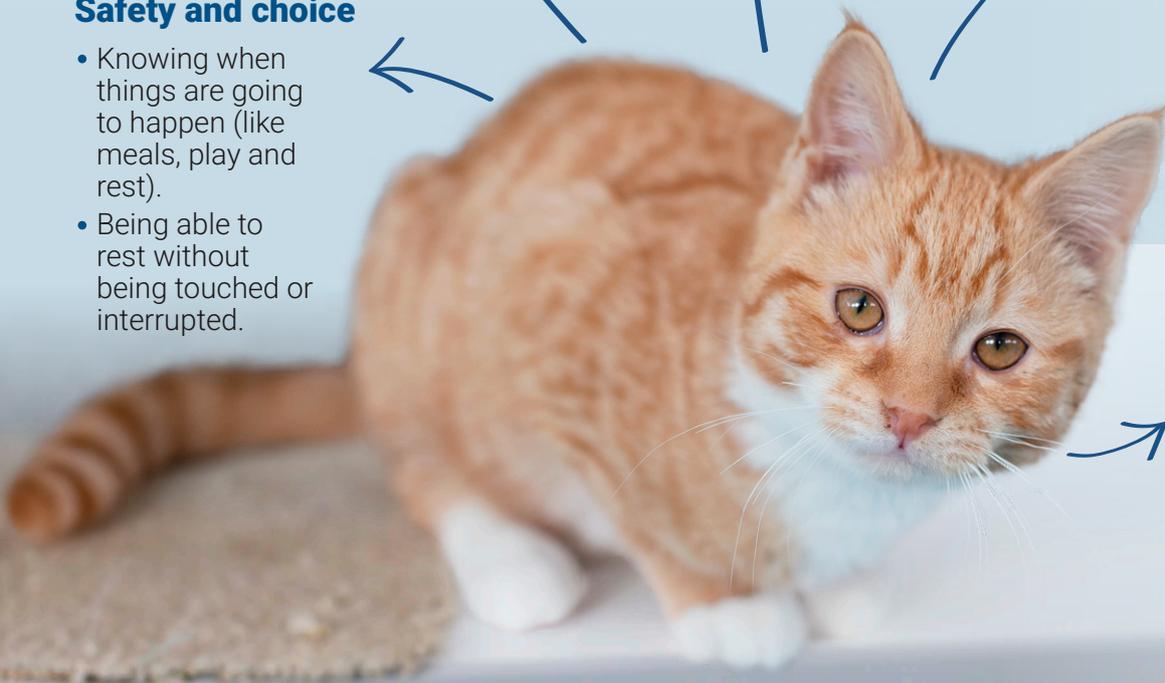
Safety and choice

- Knowing when things are going to happen (like meals, play and rest).
- Being able to rest without being touched or interrupted.



Kindness

- Be gentle and kind.
- Understand what cats like and don't like.
- Every cat is unique, so what they like, and don't like will vary.



WHAT CATS NEED

HOW YOU CAN HELP YOUR CAT

Places to hide

- Cats like to hide.
- Let them hide under beds, in boxes, or in cupboards.



High places to watch the world go by

- Cats feel safe up high.
- Give them cat trees, shelves and window perches.



Fresh clean water, food every day, comfy beds and vet care

- Feed small meals often.
- Keep food and water separate from each other and litter trays.
- Offer a few different beds (down low and up high).
- Stay up to date with vet checks, vaccines, and parasite control.
- See a vet if your cat is sick or injured.



Sleep

- Cats sleep 12–15 hours daily.
- They need to sleep in the day and at night.
- Offer multiple quiet, undisturbed spots.



Scratching pads and posts

- Cats need to scratch.
- Provide both flat and tall scratchers.



Big, clean litter trays

- Each cat needs two large trays, both longer than the cat.
- Use non-scented litter that is gentle on paws.
- Scoop trays twice a day.
- Clean trays often (at least once a week).
- Keep trays away from food and water.



Playtime

- Cats like to pretend to hunt.
- Play very short games (30 –seconds to two minutes) a few times each day with toys that mimic prey (wands, feathers). Don't use your hands, feet or hair.
- Avoid lasers. These are very frustrating to cats.
- Offer toys they can play with by themselves, like paper balls or toy mice.



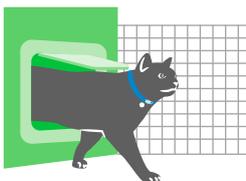
To choose when to be touched

- Let cats choose when to interact.
- If they approach you, offer your hand. If they touch, pet the head or chin. Avoid the belly and legs.
- Most cats don't like being picked up.



The ability to access the outdoors safely

- Keep your cat safely within your property by:
 - Enclosing your balcony, courtyard or backyard with cat safe netting or modified escape-proof fencing.
 - Supervising them for some outdoor time at the same time every day. Cats get frustrated if you change the time they will go outdoors.
- Any time your cat is outdoors, they need to be able to access essential resources and to go back inside when they want to.
- Avoid harnesses or taking cats on walks. Cats prefer staying close to home.
- If your cat roams freely, try keeping them indoors at night. Each evening, call out to your cat and reward them with food when they return to make coming inside at night feel good. Try not to pick them up to bring them inside. This takes the feeling of choice away from them.



**Give your cat what it needs.
When cats feel safe and happy, they are easier and safer to live with.**