

Playing with Your Cat

Exercise is essential for your cat's health because it relieves stress & boredom, improves circulation, builds muscle tone & can prevent/reduce behavioral problems.

- Offer a wide variety of toys that are rotated on a regular basis to maintain your cat's interest
- Offer high spaces that are safe for her to climb and perch.
- Put bird feeders outside of windows so they can sit at & watch the birds.
- Think of each play session as a mock hunt. Move toys in a way that mimic the way prey moves.
- Your cat's instincts motivate her to bite toys while you're playing. This is normal behavior—but be sure you don't encourage her to bite your hands as well.
- Encourage play, but take a break if things get too rough.
- Try to play with your cat before feeding her to mimic a natural sequence of cat behaviors: hunt, eat, groom, then ending with a nice nap.
- Don't allow your cat to play with sharp objects, rubber bands, paper clips or plastic bags. All of these things could be dangerous to her.

