



Enrichment for Happy Indoor Cats

Indoor cats need to have environmental enrichment to help keep their minds engaged and bodies active.

- **Play Time!**

- Cats benefit from interaction time with you including petting and playing. Consider interactive toys like laser pointers, fishing pole style toys (like the Neko Fly carried by The Behavior Clinic), milk jug rings, or hair bands tied to a string.

- **Food toys**

- Consider helping your cat keep its mind engaged and body trim by feeding treats or meals out of food puzzle toys. There are several options of treat balls (filled with kibble and batted around to dispense food) including Slim Cat, Go Cat Go, Eggserciser and Twist and Treat. You can also use a shirt box with 1.5” holes or an under the bed plastic storage container with holes cut in the lid as shown on the next page. *Ask us about the different puzzle toys available through the clinic!*

- **Climb, Perch, and Nap**

- Many felines enjoy having vertical spaces to climb, explore, perch and nap. A variety of cat trees, condos, and window perches are available. They are also happy sitting on top of furniture like bookshelves and dressers. Placing these near a window with a view of a birdfeeder can keep your cat entertained for hours.

- **“Prey” toys**

- Help exercise your cat’s natural desire to hunt and stalk with a variety of toys. Plush balls, toys that make noise and resemble prey (birds, squirrels, mice, etc) are especially fun! Stuffing them with catnip or using catnip spray may entice the unmotivated cat to play.
- Rotating the toys your cat has available will help keep them interested. Consider use of a closed toy box and rotate toys weekly.

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- **Scratching opportunities**

- Being a cat owner, you know that each feline is unique. Observe your cats scratching habits (even declawed cats will perform the motion), to help guide what surfaces you offer. Some prefer vertical, horizontal, or angled surfaces (or a variety), and some cats like carpet, while others like cardboard or rope.

- **Outside time**

- Some cats enjoy an opportunity to explore the outdoors. Some safe options include taking your cat outside in a harness or allowing them to play in a fenced in yard. (Options to help prevent cats from climbing out of fences are available i.e. Purrfect Fence).

- **Homemade**

- Enriching your cats home doesn't have to be expensive. Get creative with homemade toys such as milk jug rings, catnip and cotton ball-stuffed socks, balled up paper, paper bags, boxes, and toys tied to a string.
- There will be an enrichment seminar offered through The Behavior Clinic that includes an enrichment project!

***Cats should be supervised while playing with toys because ingestion may cause a dangerous obstruction in their gastrointestinal tract. If you think that your cat has ingested part or all of a toy, please contact your veterinarian.**

