

Environmental Enrichment for Healthy, Happy Cats

Supporting your cat's wellbeing starts with creating a home environment that meets their physical, emotional, and behavioral needs. Small changes can make a big difference.

Environmental Enrichment

- Provide vertical spaces (cat trees, shelves, window perches) to increase confidence & territory security.
- Offer a variety of scratching surfaces (vertical + horizontal) in multiple rooms.
- Rotate toys weekly to keep things interesting and prevent boredom.
- Use food puzzles or slow feeders to encourage natural hunting behaviors.
- Create safe hideaways and cozy resting spots throughout the home.
- Add visual enrichment like bird feeders outside windows or nature videos indoors.
- Introduce new scents (catnip, silvertop, herbs) to stimulate curiosity.
- Provide supervised outdoor time via a catio, stroller, or harness training.

Meeting Your Cats Needs

- **Litter Boxes:** One box per cat + one extra; keep boxes clean, large, and in quiet areas.
- **Play:** Daily interactive play builds confidence, reduces stress, and strengthens your bond.
- **Social Interaction:** Allow your cat to initiate affection and choose the type of contact they prefer.
- **Scent Support:** Use pheromone diffusers or familiar bedding to promote comfort and stability.
- **Territory:** Ensure each cat has access to resources without competition or crowding.
- **Rest:** Provide multiple warm, soft resting areas at different heights.
- **Choice:** Offer options — different toys, different beds, different perches — to support autonomy.

Reducing Stress

- Maintain predictable routines for feeding, play, and quiet time.
- Avoid sudden changes in environment or schedule when possible.
- Provide retreat spaces during loud events, visitors, or household disruptions.
- Support anxious cats with gentle enrichment, calm handling, and patience.
- Reduce overstimulation by limiting rough play or excessive petting.
- Offer gradual introductions to new pets, people, or rooms.
- Keep household noise low and provide white noise during stressful periods.

Creating a Cat-Friendly Home Layout

- Place resources (food, water, litter, beds) in multiple locations to prevent crowding.
- Avoid “resource stacking” — don’t put food, water, and litter all in one corner.
- Ensure cats can move through the home without encountering blocked pathways.
- Provide elevated routes (shelves, tall furniture) for confident cats.
- Offer ground-level hiding spots for shy or nervous cats.
- Keep high-traffic areas calm and predictable.
- Use soft lighting and avoid harsh overhead lights.

Scan for more behavior resources, enrichment ideas, & support for your cat's wellbeing:

