

FREQUENTLY ASKED:

Why does my cat hide when they arrive?

As guided by Amy

FOUNDER, NOOSA COUNTRY CAT HOTEL

It's a Natural Response to Change

Hiding helps cats cope with new environments. It allows them to stay safe while they assess unfamiliar sights, sounds and smells. This is a normal stress response and not a sign that something is wrong.

Overall, K. L. (2013). J Feline Med Surg, 15(7), 594–603.

Their First Priority Is Safety

In the wild, taking cover is a survival strategy. Hiding reduces stress hormones and helps cats feel secure enough to begin exploring when they are ready.

Rochlitz, I. (2015). J Feline Med Surg, 17(3), 220–232.

They Need Time to Adjust

Research shows that given time and appropriate resources, most cats will settle into a new environment within 3 to 7 days. Rushing the process can prolong stress and delay settling.

Mertens, P., et al. (2015). J Vet Behav, 10(3), 194–202.

Hiding Does Not Mean They Are Unhappy

Studies of shelter and cattery cats show that hiding is a common part of the adjustment period. Many cats that hide initially go on to show normal, confident behaviour.

Vitale, K. R., et al. (2019). Animals (Basel), 9(9), 573.

A Quiet Start Helps Build Confidence

Providing a calm, low-stimulation environment with everything your cat needs close by supports them to settle faster and feel more in control. Patience and consistency are key.

Westropp, J. L., & Buffington, C. A. (2004). J Feline Med Surg, 6(2), 97–105.

You Will Usually See Small Signs of Progress First

Look for subtle signs such as peeking out, eating, using the litter tray or grooming. These are positive steps that show your cat is adjusting, even if they are still hiding.

Stelow, E. B., et al. (2020). J Feline Med Surg, 22(7), 587–598.

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