

# Interactive CAT Play

by Dr. Mikel Delgado

BORING



Toys that are left lying on the floor are "dead". They are boring. Fun toys are like prey! They are usually small and quiet, and they move!

Playing is an **interactive** experience: a simulated hunting experience that gives cats physical exercise and stimulates their brains. We tailor our play to our individual cat's needs. Are they a generalist or a specialist?

Playing is also a way to bond with our cat. Not all cats like to be cuddled.

Make play a daily habit or activity. eg. before their dinner or bedtime, and whenever they have the zoomies! Just as dogs need to go out for walks and to sniff, cats need enrichment and shouldn't be sleeping all day.

## Prey Types

for the SPECIALIST HUNTER\*

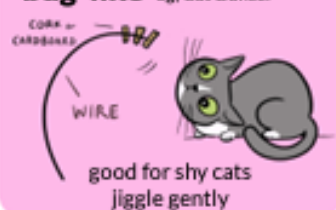
### feathers eg. Da Bird



### mouse-like eg. Cat Catcher



### bug-like eg. Cat Dancer



### snake-like eg. Bamboozler



### food puzzles

Introduce as a choice and never force. Many cats enjoy these. [foodpuzzlesforcats.com](http://foodpuzzlesforcats.com)

### laser toys

...can be frustrating because cats can't catch them. Best use for short periods as a warm-up, then switch to a real toy.

**NOVELTY:** Rotate the toys to keep things interesting!

\*For safety reasons, interactive toys with string/wire should be stored securely after play.

## Play Tips

- **ALTERNATE SPEED OF MOVEMENT.** Try slow movements. Barely moving.

- **MOVE AWAY** from your cat or along a L-R plane.



- **MOVE UNDER SOMETHING.**



- Sounds of **RUSTLING** or **CRUNCHINESS** are exciting!

- **LET THEM WAIT.** Don't make it too easy or it will be boring.

- **NOT TOO CLOSE.** Cats can see the toy best when it is a few feet away.

- Give the **FULL HUNTING EXPERIENCE** - paws, mouth, and whiskers!



- Most importantly, **HAVE FUN** playing with your little hunter!



Have you played with your cat TODAY?

[whatyourcatwants.com](http://whatyourcatwants.com)

Illustrated by Lili Chin 2021

