



FACTSHEET

Having a happy indoor cat

Cats can live very happy lives indoors. By keeping your cat indoors, you are benefiting your cat, yourself and the environment. There are a lot of hazards for a cat living outdoors and their average lifespan is many years lower than for indoor cats.

At the Cat Protection Society, we encourage all cat owners to keep their cat indoors.

The key to having a happy indoor cat is to provide them with enough stimulation so they don't get bored. Although cats sleep a lot, you will need to provide at least 30 minutes a day of play time for your cat. This applies to cats of all ages.

The following suggestions will ensure your cat has stimulation throughout the day.

Toys

There is a huge variety of cat toys available to keep your cat happy for hours, even some you can enjoy as well. You can make toys from toilet rolls or felt. To stimulate your cat even more, get a few toys that you can hide treats in; your cat will spend time trying to get the treats out. Always remember not to give your cat too many treats as overfeeding can lead to obesity.

Hiding spots

Cats need a quiet place they can retreat to if they get stressed. Provide your cat with an igloo bed or a box they can hide in if they need time out. Ensure any unsuitable hiding spots, like behind the fridge or under the stove, are enclosed. This will minimise the risk to your cat and encourage them to use the hiding spots you have provided.

Greenery

Provide your cat with some cat grass or catmint in a pot. Your cat can chew on the foliage safely. Cats will naturally do this as a way to aid their digestion.

An outside run

Make a cat enclosure in your yard so your cat can sit outside without the hazards of being on the street. You can download instructions from our website. You can also look at companies like 'Catmax' and 'Catnip' who supply pre-made enclosures in many shapes and sizes. The enclosure can be as elaborate as your imagination.

Walk your cat

Cat harnesses are available for all size cats. These fit around your cat's body and attach to a lead that lets you walk your cat safely outside. Remember to only do this in areas you know are safe.

Scratching posts

Cats need to scratch things in order to shed the dead nail sheath from their claws. Provide your cat with a scratch post, or a few, to save your furniture! There is a huge variety available, even with cat activity centres attached.

Windows

Install a window seat or place a piece of furniture under a window so your cat can look out. Cats love to sun themselves in the window and look at the world outside. Remember, if your cat is light coloured they can still get sunburn through the glass, so take precautions for this. Also remember your cat will be happy looking out; this doesn't mean they want to get out. Most cats still try to pounce on bugs and birds through the glass.

Clean the litter tray

Cats are very clean animals with a very good sense of smell, so ensure you remove any solid waste from your cats litter tray daily. Aim to clean the litter tray entirely as per instructions on the litter pack. Provide your cat with a couple of trays to avoid any nasty surprises when you get home. You may want to try the litter trays with a hood or lid as this will help minimise smells around the house.

Spend time with your cat

Nothing beats spending quality time with your cat. Studies throughout the world have shown that patting your cat can reduce blood pressure and has a relaxing effect. Every cat has a different personality, so this may mean just a few good pats or the chance for your cat to sit on your lap when you watch TV. Get to know your cat and what they like. You will benefit from this as much as your cat. This can also be the perfect time to groom your cat.

Get **TWO CATS!!!** Keep your cat entertained by getting them a friend. This will ensure your cat is never lonely and always has a playmate.