

How long before my new cat settles in?

Be patient, it Doesn't Happen Overnight

The 3/3/3/ rule is a general guideline for the adjustment period of your cat after adoption. Every pet is unique and will adjust differently. Please have patience and allow your new cat time to settle in.

What Your New Cat is Feeling & Doing:



3 Days *Decompressing*

- Feeling distressed
- Scared or unsure of the new territory and what's going on
- Uneasy about being "himself"
- May not feel safe to eat or drink
- Shuts down and/or hides
- Tests the boundaries (escape)



3 Weeks *Acclimating*

- Starts settling in
- Feels more at ease
- Realizes this could be his home
- Figures out his environment
- Begins to trust the new routine
- Begins to show true personality
- Behavior issues may appear



3 Months *Settling*

- Finally feels completely comfortable in his home
- Begins to build trust and a true bond
- Gains a complete sense of security with his new family
- Settles into the routine

What Your Can Do to Make Your New Cat Feel More at Home:

- Confine to sanctuary room
- Provide quiet, calm, serene
- Create reliable routines
- Feed scheduled meals
- Give lots of treats and praise
- Don't pressure or insist

- Expand areas to explore
- Begin introduction to other pets
- Positively reinforce good behaviors
- Prey play twice a day
- Create safe/no petting zones

- Give complete access to home
- Allow exploring
- Maintain reliable routines
- Limit change and chaos
- Show how much you appreciate your new cat being a part of your family

Additional Resources:

Introducing to Your Cat:



Raising Kittens to Be Great Cats:



Bonding With Stressed Cats:



Cat Talk Radio Podcasts:

