

THE 3/3/3 RULE OF ADOPTING A CAT



3 DAYS

TO DECOMPRESS

BIG change

- Trying to figure out their new environment/routine/family
- A consistent routine is VERY important
- Scared or unsure of what is going on

Feeling overwhelmed

Your new cat may:

- Not eat or drink
- Drink water excessively
- Have accidents
 - Miss the litterbox, engage in marking, or pee or poop in a hiding place
 - Pee on objects associated with a specific person
- Vocalize like yowling
- Shut down or hides under furniture
- Not engage in play or social behaviors
- Be destructive
- Other problem behaviors may occur

Physical stress signs

- Dilated pupils
- Wide eyes
- Whiskers pointed toward body
- Ears back
- Tail tucked

3 WEEKS

TO LEARN ROUTINE

- Starting to respond to routine cues
- May still hide but coming out more
- Should use litterbox consistently (adults)
- Reduction in stress signs
- May still not engage in play or social behaviors
- Other problem behaviors may occur
 - Consider seeking professional help
 - Find resources at pasadenahumane.org/behavior
- You should be beginning to see if this is a “match”



For behavior & training resources, please visit pasadenahumane.org/behavior

** It's always okay to return an adopted pet if it's not working out. It may be best for you and the pet. Please contact us at 626.792.7151 for assistance.*

3 MONTHS

TO START TO FEEL AT HOME

- Should understand routine and have adapted
- Should engage in natural behaviors
 - Scratching, purring, kneading
 - Slow stretches, relaxed body when walking around
 - Taking treats gently
- House soiling should be resolved (adults and older juveniles)
 - If adults/juveniles are house soiling
 - Speak to a vet
 - If medical concerns are ruled out, speak to a training professional
- Other problem behaviors may occur
 - Consider seeking professional help
 - Find resources at pasadenahumane.org/behavior
- You should be more confident this is a match