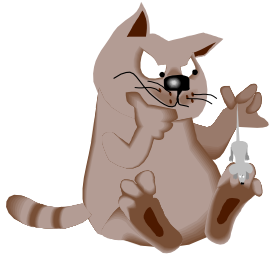




## IS YOUR CAT BORED? WHAT DOES YOUR CAT DO ALL DAY?



Have you ever thought about what your cat is doing, or more importantly not doing while you are gone? A daily routine for cats usually consists of 62% sleeping and resting, 17% traveling and hunting, 15% grooming, and 2% feeding. Insufficient stimulus can lead to obesity, over grooming, elimination problems, anxiety, and even aggression. So how can we as owners help? Good question.

Cats love to explore! They explore even when there is nothing to find in hopes of stumbling upon something new. You can encourage exploration by rotating which toys are left out and where they are placed every few days. Leaving small dishes of food or even a couple of treats in hard to find places like behind the sofa or under the bed is helpful. Also, move things around. If your cat enjoys laying on a bookshelf, move the books around so he/she has a new spot to lie. Put out cat tunnels or kitty condos. Be creative!



As far as toys go, the less it costs, the more they love it. Paper bags seem to be a favorite.



Throw some kibble, treats, a toy, or catnip in the bag and let them enjoy. Plastic bags are generally not safe as cats could suffocate or ingest pieces they have torn off. Another good idea is crimping both ends of a toilet paper roll closed with kibble, treats, or catnip inside. Punch holes in it so that pieces can fall out while he/she is playing with it. Try throwing food or catnip into a manila envelope or placing catnip in a crumpled up piece of wrapping paper and let the fun begin (be sure not to use aluminum foil or metallic paper.). Balls with laser lights in them are also very popular (but watch out, dogs go nuts with laser lights). A great toy to play with when you are home is the Kitty Kaster, just cast it out like a fishing pole and reel it in. They will love it and you will get a kick out of the fun your furry friend is having. It is a good idea to supervise your cat with any toy until you are sure it is safe to allow them to play with it on his/her own.

Mix it up! That's the key. Keep your kitties on their toes. Cats can get restless when there is nothing to do just like us. Catnip is a wonderful thing. Contrary to popular belief, it is not dangerous and can be used to liven up any kitty's day. Outdoor cats love to nibble on grass, so bring a little of the outdoor world indoors. Buy a pot of cat safe oat grass, which can be found at many pet stores. It's very easy to grow and is also very safe.



For more ideas on making your house more appealing to your cats, get your hands on two wonderful books by Bob Walker called *The Cats House* and *Cats Into Everything*. I'm sure you will love them and you will get some great new insight on what cats love too. The more inventive you are, the more your cats will enjoy themselves during the day. If you think your cat will like it, they probably will. Remember, be creative and have fun.