

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:

1 3 Days <i>Decompressing</i>  • Feeling overwhelmed and unsure • 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)  You Can Help: • Confine to a quiet sanctuary room • Keep environment calm and low-traffic • Provide cozy hiding spots • Offer food, water, and litter • Sit quietly and let them come to you • Speak softly and avoid staring • Don't pressure or insist on interaction	2 3 Weeks <i>Acclimating</i>  • Starts settling in • Feels more at ease • Realizes this could be his home • Explores his environment • Begins to trust the new routine • Begins to show true personality • Behavior issues may appear as he tests limits  You Can Help: • Expand areas to explore gradually • Begin slow introductions to other pets • Stick to consistent daily routines • Positively reinforce good behaviors • Provide puzzle feeders and toys • Play together twice a day • Create safe zones he can retreat to	3 3 Months <i>Settling In</i>  • 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 • Shows affection in his own way  You Can Help: • Give complete access to the home • Encourage independence and choice • Maintain reliable routines • Limit changes and chaos • Continue enrichment and play • Show how much you appreciate your cat being part of your family!
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Extra Ways to Help Your Cat Feel Safe, Secure & Loved:

 Safe Spaces Provide hiding spots up high and on the ground.	 Routine is Comfort Feed, play, and clean litter at consistent times.	 Enrichment Matters Toys, scratching posts, and puzzle feeders keep minds happy.	 Positive Interactions Use treats, gentle play, and praise to build trust and confidence.	 Look for Small Signs Blinks, curiosity, eating, or playing are all great progress!
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Additional Resources to Support You & Your Cat:

Introducing to Your Cat:



Raising Kittens to Be Great Cats:



Bonding With Stressed Cats:



Cat Talk Radio Podcasts:

