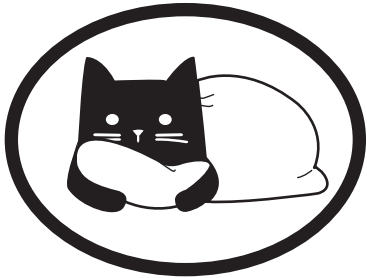


The 3 - 3 - 3 Rule: 3 days, 3 weeks, 3 months

Patience and understanding are key to learn how your newly adopted kitty will adapt in your home. Every kitty is an individual with a different personality and experiences, so each journey is a bit different. This is a good framework to help you interpret how they are feeling and learn ways to support them as they adjust.

3 DAYS

to
decompress



they may experience:

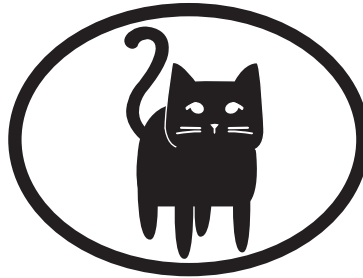
- constant hiding
- feeling overwhelmed
scared, uncomfortable
- unsure about themselves
- may not want to eat or drink
- may test boundaries

what to do to help:

Set up their "safe zone" in a small room to start. Give them all they need: food, water, litter box, comfy bed, cat tree, a scratcher, and toys. Give them space to settle in, but also start a routine with them for feeding and playtime. Add extra enrichment like a Feliway diffuser, interactive toys, catnip or silver vine. You can even try "cat camping" to spend the night with them to allow them to investigate you and their new digs!

3 WEEKS

to
learn your routine



they will likely start to:

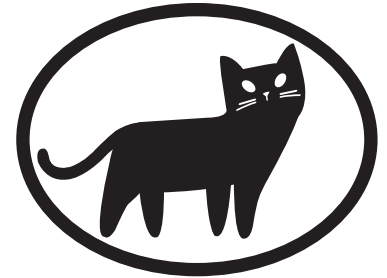
- feel more comfy and settled
- figure out the home and how they fit in to the routine
- show their true personality
- realize that this is their forever home

what to do to help:

Keep a consistent schedule for feeding and playing - kitties love routine! Play to their interests - get more of the kinds of toys, treats, beds, condos, and scratchers they love to make them feel very welcome. Start opening up the entire home, and make gentle introductions to new people and any furry roommates. Please see our guide on cat and dog introductions to help create a happy home for you and all your fur babies!

3 MONTHS

to
start to feel at home



they will now begin to:

- routine is now normal
- begin to show trust
- build a bond with you
- feel safe and secure
- feel completely comfortable in their forever home

what to do to help:

Maintaining a schedule is a great way to show that you understand your kitty and their needs. Giving them love and affection in ways that they want is respectful and compassionate. Now is the fun time to let their true personality shine - support their interests and remove or minimize things they find undesirable. You can also start training activities! Kitties respond very well to positive reinforcement and enjoy learning new things!