

# How to Bond with Your Cat

*what every cat parent needs to know*





# 01

## Stick to a Routine

Cats are creatures of habit. When their routine is disrupted, they'll let you know, often with excess vocalization, which puts the cat and cat parent at odds!

Ensure you have a set feeding time, a set playtime, and introduce any changes in her routine slowly to give her time to adjust.





Did you know that imitating your kitty's voice is a sign of affection? You can do this by mimicking the tone and pitch of her coos back to her. It's like you are speaking her language!

Be sure to listen to what your cat says since she uses her voice to communicate with you. If you notice she meows more often at loud noises, a sign of change in routine, or when you're about to leave the house, she could be experiencing anxiety. Natural solutions, such as hemp oil, can help keep her anxiety at bay, but it's best to talk to your veterinarian to determine what might be the cause.

# 02

## Talk to Each Other





# 03

## Give Her a Sweet Reward

Treats, in moderation, are a great way to bond with your cat.

Make it a habit of giving her treats at the end of daily playtime or hide treats around the house in a hunting feeder so she can fulfill her natural hunting instincts!

(See my favorite hunting feeder below!)







# 04

Did you know that dogs aren't the only pets that enjoy walks? Cats enjoy walks with their humans too!

Walks are a perfect time to bond with your cat, taking in nature and exploring together. Indoor-only cats can benefit from some fresh air, as long as it's done safely.

A leash and harness allow you to explore the outdoors to feed their curiosity. Just be sure they are up to date on their flea and tick medication or that you have natural preventatives before going outside.

## Take Her for a Walk







# 05

## Give Her a Massage

A gentle massage can keep your kitty feeling calm and relaxed.

Use the palms of your hands to gently massage her.

It's a great bonding exercise that will keep her coming to you for petting and cuddle time (and more massages, of course).



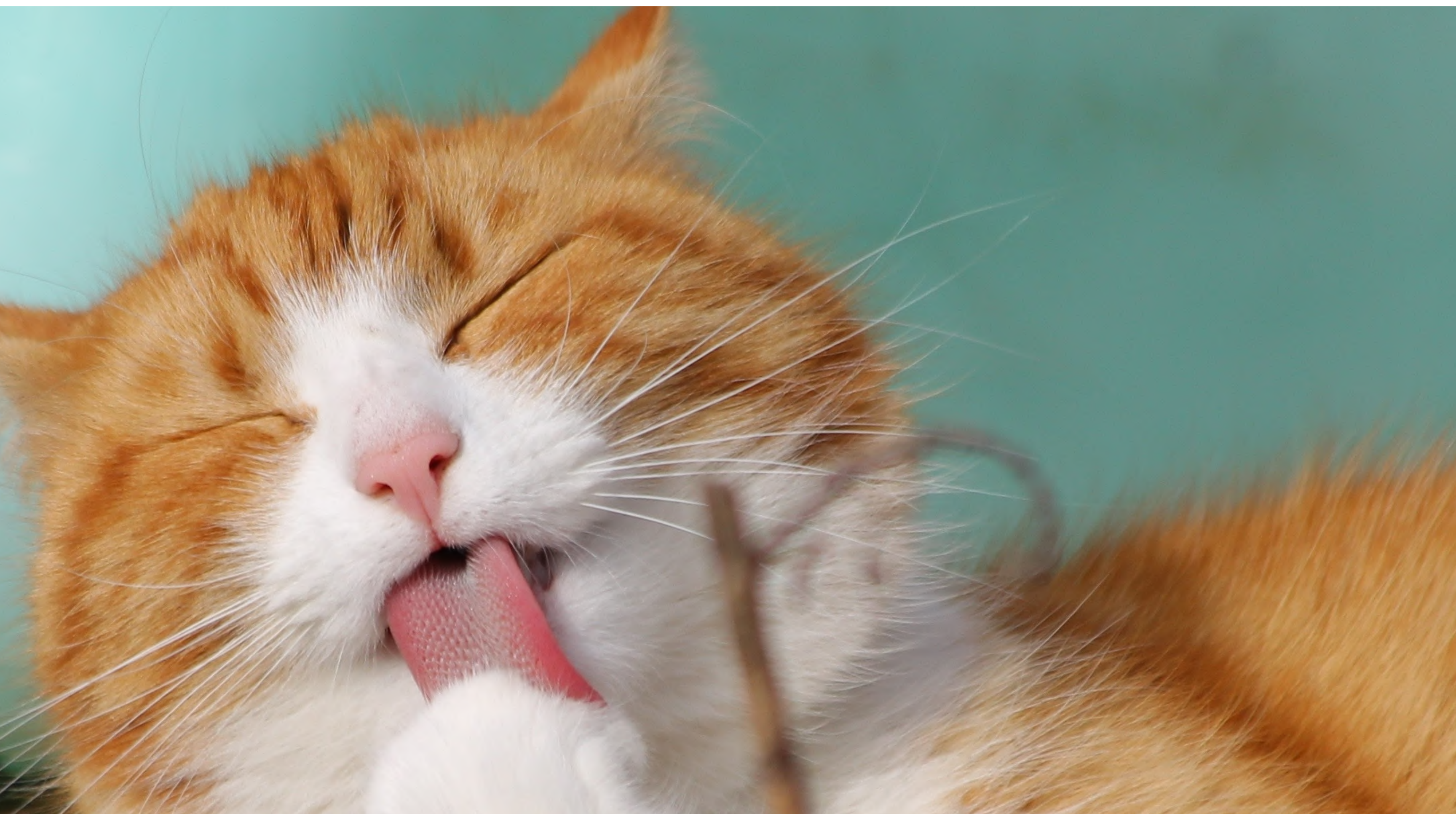


Each cat shows affection in different ways. Your cat has her own personality, so it's important not to assume she will curl up in your lap whenever you want her to.

Let her come to you first and initiate through bunting and purring. Then, you will know she wants petting and attention!

# 06

## Accept Affection on Her Terms







07

# Establish a Set Playtime

Cats love routine because they know what to expect and when to expect it!

Establishing a set playtime each day to pull out the laser pointer, catnip, or feather teaser toy will have her looking forward to your time together.

Additionally, playtime encourages bonding, exercise, and helps her fulfill her natural hunting instincts.







# 07

## Establish a Set Playtime (Continued)

**Some fun games you can play include:**

- Hide and Seek. Hide behind a couch, door, or desk and let her hunt you. You could also grab a string toy and lure her to you by wiggling it around. Reward her with praise or a treat when she finds you!
- Fun with reusable items. There's no need to buy pricey cat toys. The most cost-effective way to bond with your cat is to repurpose things you already have in your home! Cats love cardboard boxes and paper bags. After your next Amazon shipment or shopping trip, let her play with the box or bag and watch her be entertained.







# 08

Surprising as it may be, some cats watch TV!

Next time you cuddle up on the couch with the cat to channel surf, look for shows featuring a cat's natural prey, like birds, rodents, or fish.

Watch for her reaction. If she enjoys watching, this will exercise her brain and tap her predatory instincts.

## Watch TV Together



# 09

## Groom Her Regularly

Grooming helps reduce the risk of tangles, mats, and hairballs and is also a great way to bond!

As your cat sits on your lap while being groomed, you can bond, gazing at each other softly and snuggling, if your cat permits it.

Grab a soft-bristled brush or, better yet, a pair of grooming gloves and give her pets to help smooth out her fur!





# Kristen's Favorite Cat Bonding Treats, Toys, and More!

These must-have products promote bonding and keep your cat happy and healthy!

- [All Natural Cat Toy](#)
- [Interchangeable Critter Cat Toy](#)
- [Doc and Phoebe Hunting Feeders](#)
- [Feather Cat Teaser Toy](#)
- [Salmon Flavored Lick n Lap Snack](#)
- [Low Calorie Crunchy Cat Treats](#)
- [Cat Harness and Leash](#)
- [Laser Pointer for Cats](#)
- [Catnip Mouse Toy](#)
- [Silicone Grooming Massage Brush](#)
- [HandsOn Grooming Gloves](#)

\*As an Amazon Affiliate, I earn from qualifying purchases.