

Interactive CAT Play

by Dr. Mikel Delgado

BORING



Toys that are left lying on the floor are “dead”. They are boring. Fun toys are like **prey!** They are usually small and quiet, and **they move!**

Playing is an **interactive** experience: a simulated hunting experience that gives cats physical exercise and stimulates their brains. We tailor our play to our individual cat’s needs. Are they a generalist or a specialist?

Playing is also a way to bond with our cat. Not all cats like to be cuddled.

Make play a daily habit or activity. eg, before their dinner or bedtime, and whenever they have the zoomies! Just as dogs need to go out for walks and to sniff, cats need **enrichment** and shouldn’t be sleeping all day.

Prey Types

for the SPECIALIST HUNTER*

feathers eg, Da Bird



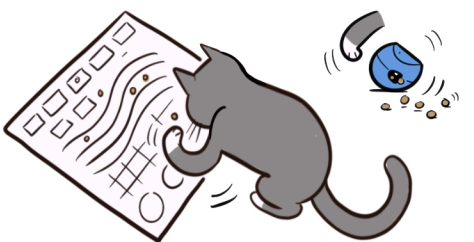
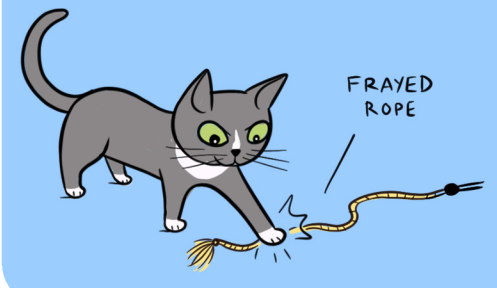
mouse-like eg, Cat Catcher



bug-like eg, Cat Dancer



snake-like eg, Bamboozler



food puzzles

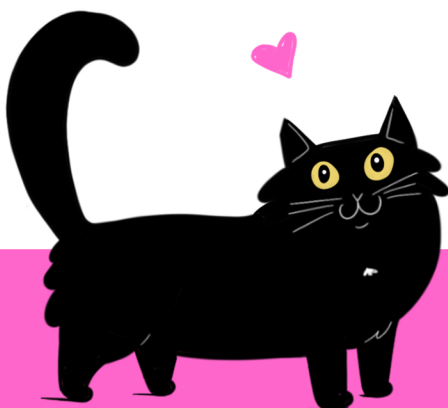
Introduce as a choice and never force. Many cats enjoy these. foodpuzzlesforcats.com

laser toys

...can be frustrating because cats can’t catch them. Best use for short periods as a warm-up, then switch to a real toy.

NOVELTY: Rotate the toys to keep things interesting!

*For safety reasons, interactive toys with string/wire should be stored securely after play.



Play Tips

● **ALTERNATE SPEED OF MOVEMENT.** Try slow movements. Barely moving.

● **MOVE AWAY** from your cat or along a L-R plane.

● **MOVE UNDER SOMETHING.**

● Sounds of **RUSTLING** or **CRUNCHINESS** are exciting!

● **LET THEM WAIT.** Don’t make it too easy or it will be boring.

● **NOT TOO CLOSE.** Cats can see the toy best when it is a few feet away.

● Give the **FULL HUNTING EXPERIENCE** - paws, mouth, and whiskers!

● Most importantly, **HAVE FUN** playing with your little hunter!

Have you played with your cat TODAY?