

## 6 Ways to Keep Your Cat Occupied During the Day!



Every cat owner knows how much cats tend to sleep during the day. While we are out or at work, it's important for our cats to remain stimulated and not sleep the day away. Otherwise, they will be up all night! There are many ways to keep your cat occupied during the day while you are away.

**Below are six ways to keep your cats active during the day (or try to!):**

### 1. Leave your cat's favorite toys around your home

Leave toys out that your cat gravitates towards and can use to play independently. There are many interactive toys such as wands, or a mouse-activated play toys that keeps your kitties stimulated. If your kitties are climbers, make sure to have a kitty condo or tree that they could jump on during the day. Put some catnip at the top to entice them to jump to the top.

### 2. Hide food or treats in places for your cats to find

Put a few healthy treats into a plastic container and leave it on the floor with the lid off for a great beginner puzzle. Any plastic container with a secure lid can become a puzzle. Just cut two or three slots around the bottom outer edge of the container and place a few treats in the center. Or hide treats where your cats can find them but have to work to get them.

### 3. Adopt another cat!

If you have only one cat, think about adopting a second cat (or even dog!). Not only would it bring another kitty into your home and out of a shelter, but it could keep your cat much more active during the day. The new cat or dog will hopefully become best friends and play throughout the day while you are away. **[Be sure to talk to us about our Fear Free approach to acclimating your home when getting ready to introduce a new pet into your family!](#)**

### 4. Leave items with an enticing smell on them for your cats to find

You can use t-shirts or clothes as washable scent baits. Mark the items with some vanilla extract or even peanut butter, or place a pinch of any aromatic spice inside, then rub it over a slice of lunch

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meat to pick up the scent. Scatter the shirts or socks throughout the house and your cat will be on the prowl for hours enamored by all the scents.

### **5. Have a window perch where your kitties can sit and watch**

If you are able to add a window perch to your window, it's a great way for your kitties to be on bird watch. If you are handy, you can even attach a suction-cup bird feeder outside your cat's favorite window (if you do this, keep the windows closed to prevent attacks!). This will certainly keep your cats stimulated and active.

### **6. Leave boxes and bags out around the house**

Use cardboard boxes as beds, dens, tunnels and mazes. You can leave them out for your cats to jump in, run through or scratch. Most kitties love boxes and bags and will certainly play with and on them.

There are many ways to build on the above ideas to keep your cats active during the day. The more occupied your cats are during the day, the calmer they will be at night and more likely to sleep when you do!