

Decompression/Adjustment Period

Setting Your Cat Up for Success

We are here to help! If you have concerns with your new pet, please get in touch and we can help you navigate this transitional period.

THE RULE OF 3'S

It takes **3 days** to decompress,
3 weeks to learn the routine,
and **3 months** to feel at home

When you bring a rescue home from the BVSPCA, keep in mind that we don't always know their backgrounds or histories

How to Make the Transition Easier:

- Set up a "safe space" in your home for your new cat. This should be a room or area separate from the rest of the house. Put a litter box, bed, toys, scratching post and food bowls in this area.
- When you first bring your cat home, spend time with them in their "space," and make frequent visits to spend time with them.
- Keep your cat in this "space" for the first week, and slowly introduce them to the rest of the home.
- For the first few weeks, limit how many new people and animals your cat is meeting, and keep introductions slow and properly managed.

A Few Other Tips:

- Engage your cat physically and mentally. Enrichment such as toys, playtime, and grooming can help them decompress and regulate their emotions, reducing stress levels.
- **Don't expect perfection! Your new cat is in a new space, with new people. It will take TIME for your cat to settle in, learn your routines/boundaries, and most importantly, to feel safe.**
- Don't panic if new behaviours arise during the first few weeks.

