

FREE EVERYES CATS GUIDE

The Indoor Cat Happiness Starter Guide

Simple ideas for play, comfort, routine and connection.



WITH MOLLY & TIGER, EXECUTIVE CONSULTANTS

START HERE

A happier indoor life

Enrichment is not about filling your home with expensive products. It is about giving a cat safe ways to climb, hunt, scratch, hide, observe, rest and choose.

01 Start small

Choose one idea your household can repeat. Consistency usually matters more than a dramatic one-day makeover.

02 Follow the cat

A brilliant activity is only enriching if your cat feels safe enough to use it.

03 Notice patterns

Pay attention to what your cat returns to: height, boxes, chasing, watching or quiet company.

A friendly safety note

This guide offers general education, not veterinary diagnosis. Contact a veterinarian when behavior, appetite, toileting, breathing or movement changes concern you.

Build a home that feels bigger

Indoor cats do not need a mansion. They need useful choices.



- **Add height**

A stable shelf, cat tree or cleared furniture spot gives your cat another safe route and lookout.

- **Keep a hiding place**

A cardboard box or covered bed lets a cat rest without being watched.

- **Use the window**

A secure perch turns birds, weather and people into changing enrichment.

TRY TODAY: Clear one safe elevated resting place.

Play like prey, not a helicopter

The best toy is often the one that moves like something worth hunting.



- **Hide and pause**

Move a wand behind furniture, stop, then dart away. Constant frantic waving is less realistic.

- **Let the cat catch it**

A successful catch prevents the game from becoming endlessly frustrating.

- **Keep it short**

Two focused five-minute sessions can be better than one long session after interest is gone.

MANAGEMENT NOTE: The feather was captured. A full report is pending.

Make meals more interesting

Part of a cat's normal daily food can become a small search activity.



- **Measure first**

Set aside food from the daily allowance so enrichment does not quietly add extra calories.

- **Start easy**

Place pieces where they are clearly visible before using harder puzzles.

- **Use what you have**

An egg carton, paper parcel or towel fold can become a supervised food puzzle.

TRY TODAY: Hide three pieces of the normal meal in easy places.

Create a litter setup cats choose

Litter boxes work best when they are clean, quiet and easy to reach.



- **Think one plus one**

A common starting point is one box per cat plus one extra, placed in separate useful locations.

- **Keep it calm**

Avoid trapping a cat beside loud machines, busy doors or another cat.

- **Notice change**

Sudden avoidance, straining or repeated trips can need prompt veterinary attention.

CHECK TODAY: Is every box easy to enter, exit and reach?

Protect sleep and quiet time

Rest is not boredom. Cats naturally sleep and doze for much of the day.



- **Offer different temperatures**

A sunny spot and a cooler option let your cat choose what feels comfortable.

- **Do not pull cats out**

A cat using a hiding place should usually be allowed to leave in their own time.

- **Watch for change**

Much more sleep together with appetite, movement or behavior changes deserves attention.

MANAGEMENT NOTE: This meeting has been moved to the blanket.

Read the whole cat

One tail flick or one large pupil never tells the entire story.



- **Start with tension**

Ask whether the body looks loose or stiff before interpreting one ear, eye or tail position.

- **Use the situation**

Large pupils may fit play, fear or simply a darker room.

- **Pause early**

Turned ears, skin ripples or faster tail movement during petting can be a request to stop.

TRY TODAY: Watch quietly for one minute without touching.

Build trust through choice

Cats often become more social when interaction is predictable and optional.



- **Invite, do not insist**

Sit nearby, offer a hand at a distance and let your cat close the gap.

- **Use tiny routines**

A regular greeting, play time or quiet sofa moment can become a secure part of the day.

- **Notice quiet affection**

Following, sleeping nearby or greeting at the door can matter as much as sitting on a lap.

MOLLY SAYS: Respect the boundaries. Then present snacks.

YOUR SIMPLE WEEK

Seven tiny wins

MON **Add one box or hiding place**

TUE **Play a five-minute hunting game**

WED **Refresh water and wash one bowl**

THU **Rotate one toy**

FRI **Watch body language for one quiet minute**

SAT **Create a high or sunny resting spot**

SUN **Repeat the activity your cat loved most**

Small changes. More choices. A happier management team.