



Minnalousha May's Cat Hideaway 3-3-3 Rule for Cats

A GUIDE TO UNDERSTANDING YOUR CATS' ADJUSTMENT PERIOD.

The 3-3-3 rule is a helpful guideline for understanding your new cat's adjustment period as they settle into their new home. It outlines what you might expect during the first 3 days, 3 weeks, and 3 months after adoption. By being aware of these phases, you can better support your new cat as they acclimate to their new environment.

The First 3 Days: Initial Adjustment

During this initial period, your cat is likely to feel overwhelmed and unsure. Here's what you can expect:

- **Hiding and Shyness:** Your cat might spend a lot of time hiding and may not be very sociable. This is normal as they get accustomed to the new sights, smells, and sounds.
- **Limited Appetite:** It's common for cats to eat less or even skip meals as they adjust to their new surroundings.
- **Exploratory Behavior:** Your cat might start exploring their environment, but they will likely do so cautiously and may prefer to do so at night when the house is quiet.

The Next 3 Weeks: Settling In

As your cat starts to feel more comfortable, you'll notice changes in their behavior:

- **Increased Confidence:** Your cat should start venturing out more and begin to interact with you and other household members.
- **Routine Development:** By this time, your cat will start to understand the daily routine of your household, including feeding times and playtime.
- **Personality Emergence:** You'll start to see more of your cat's true personality as they adapt to their new home.

The First 3 Months: Feeling at Home

After about three months, your cat should feel quite settled and secure in their new home:

- **Bonding and Affection:** You'll likely notice a stronger bond forming between you and your cat. They may become more affectionate and seek out your company more often.
- **Established Habits:** Your cat will have established their own habits and

preferences, such as favorite sleeping spots and toys.

- **Full Integration:** By this stage, your cat should feel like a full-fledged member of the household, comfortable and relaxed in their environment.

Tips for Supporting Your Cat

- **Patience is Key:** Give your cat time to adjust and don't rush interactions. Let them come to you when they're ready.
- **Provide a Safe Space:** Ensure your cat has a quiet and secure area where they can retreat if they feel overwhelmed.
- **Consistent Routine:** Maintain a consistent daily routine to help your cat feel more secure.
- **Gradual Introduction:** Introduce your cat to new areas of the house, people, and other pets gradually.

By understanding and respecting the 3-3-3 rule, you can help ensure a smooth transition for your new cat and foster a loving, lasting relationship.



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