

HIGH ENERGY CATS



Cats with high levels of energy vary between breed and age range of the cat. As expected, a kitten can have up to three times more energy than an adult cat and keeping them amused and engaged can be a challenge. The alternative, if you don't, can be a cat that learns to be destructive, thinking it's just fun. They might scratch furniture or carpets, knock things off counter tops, chew or eat house plants, and in general direct their high energy towards things you'd rather they didn't. That's why you want to be organized when you have a high energy cat.

Is your cat suffering from Boredom? When a high energy cat gets bored, it will often become even more hyperactive, playing out games it invents, such as chasing imaginary mice or birds, or just running around, bouncing off walls simply because there's little else for it to do. To combat your cat's boredom, play with it. Tossing a toy to your pet will rarely be enough. Get down on the floor and engage in some play, if only for 10 minutes, but longer if possible. Tying a small toy to the end of a piece of string, throwing it far away and reeling it in can provide endless amounts of fun for your cat. You'll love it too.

- **Rotate your toys.** Put all the toys away except for a select few and regularly rotate them out for your cat. She will be excited every time you bring out an old favorite.
- **Introducing catnip.** Some cats can't resist anything with catnip. There are toys that have catnip inside or a pouch to hold catnip. You can even rub other toys in catnip before rotating in a new selection from your cache. However, even with catnip and even with rotation, the sort of toys that cats bat around the floor will only hold their attraction for a short while.

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- **Buy interactive toys.** Something you use to play with your cat rather than having your cat play alone is perfect to help your cat get exercise and attention. Examples include the Cat Dancer (a wire with cardboard bits on the end) or one of the toys that consist of a stick with a cord and a toy tied to the end. Most cats love these, and you do not have to run around to toss the toy for your cat. Please, always remember to put toys with string or cord parts away when not in use to protect cats from any potential harm.
- **Get toys that play.** These keep your cat busy when you're not home or are unable to play too. Try a toy with a ball in a track with a cardboard scratcher in the middle. Many cats love these, and the dual nature of the toy makes it even more interesting and versatile. Electronic chaser toys with batteries are always a hit as well! The 16 Best Interactive Cat Toys in 2022
- **Don't let your cat sleep all day.** Cats are nocturnal animals – humans are not. If you let your cat sleep all day, it will be awake and probably bored all night. If it then engages in boisterous play throughout the night, guess who will not get enough sleep! It's much better to have your cat playing throughout the day so that it feels sleepy and tired at night. Some high energy cats will still want to play at night, but if you provide your cat with soft toys to play with, that can often be enough to keep them going.
- **Avoid destructive behavior.** Create a fun play space somewhere in your house. Your den or great room is an ideal place for this. Gather all your cat's toys into this space and always start off any play session here. Your cat will quickly associate this space with play and will be able to shed any excess energy playing here at any time. A cat tree or scratching post is an essential item for this area. Combine the scratching post with a climbing tree so your cat can expend lots of built-up energy here. If the top part of the tree is also a perch that overlooks the yard or garden, this will give your cat an added reason to play here.
- **Invest in a food puzzle toy for those times when you need some time alone.** This type of toy is typically a ball-shaped toy that has small treats inside. Your cat must work out the correct way to release the catch for the treat to be released. A treat will always be an incentive for your cat to keep trying to get it released. It's surprising how long this kind of toy can keep a cat occupied – and how long you can get to have valuable time to yourself.
- **Avoid Punishment.** When a cat acts out, people often don't know what to do in response. Always remember that punishing a cat will never properly stop the behavior. Punishment will only confuse your cat and/or make your cat afraid of you or aggressive towards you. Instead, find a way to channel your cat's play interests and instincts into activities that keep her healthy, happy and regarded as a wonderful member of the family.

Here is a link with more tips for high energy cats: https://resources.sdhumane.org/Resource_Center/Behavior_and_Training/Cats_and_Kittens/Overexcited_and_Energetic_Cat_Tips