

# Cat Enrichment



Here's some enrichment ideas to provide mental stimulation for your foster cat. Always observe whether the cat is able to use puzzle food toys. If they are unable to get to the food/treats, this can cause frustration and/or the cat may not have access to enough food.

## Food Enrichment

Use the cat's daily diet to make up food enrichment items and reserve high value treats such as BBQ chicken for training/bonding sessions

- Scatter feed – scatter dry food on the floor over a small area and allow the cat to sniff out the biscuits
- Box feed - make holes in small cardboard boxes and put some dry kibble inside
- Small Kongs (put only dry kibble inside with small smear of wet food on top)
- Wobble feeder
- Puzzle bowl or mat
- Ice cubes in hot weather- add some dry kibble or a small amount of wet food to water in ice cube trays
- Toilet rolls - cut open (lengthways) and smear wet food inside
- Smear small amounts of wet food on the walls of the cat's scratching pole or on plastic toys

## Scent Enrichment

- Grass or leaf litter in a paper bag

## Other Enrichment (Sound, Textural)

- Music - play cat-friendly music (soft, classical music is best)
- Bark scratchers - find a piece of bark large enough for the cat to scratch on
- Carpet squares for scratching (can be washed in the washing machine)
- Grooming- do some gentle brushing/massaging
- Interactive play with a person and toys
- Rotate toys every few days, wash all old toys
- Training! Use small pieces of chicken or wet food to teach the cats some basic skills using a luring technique, e.g. sit, drop, follow my hand.