

Checklist to make your home safe and comfortable for cats	
BASIC NEEDS - FOOD	
Purchase high-quality and nutrition-filled cat/kitten food based on their age.	
Learn about the rules set by AAFCO.	
Try to procure human-grade food.	
Avoid plastic food bowls as bacteria and oil build up in them.	
Go for shallow and wide bowls.	
Keep separate food bowls for every cat in your house.	
Do not locate the food bowls near the litter boxes.	
Consider puzzle feeders to boost your cat's mental health.	
Cats prefer eating in solitary. Do not place two food bowls side by side.	
Refrain from including only dry food in your cat's diet.	
Maintain a balance of raw meat, wet/canned food, and kibble (dry food).	
Cat's food should have meat as the main ingredient.	
BASIC NEEDS - WATER	
On average, a cat should consume 60mls/kg per day of water.	
Keep water in clean containers.	
If your cat looks dehydrated and avoids drinking water or wet food, take her to a veterinarian.	
Water fountains can be an excellent solution for your home.	
Do not keep the water fountain/bowl too close to the food.	
BASIC NEEDS - LITTER	
Place 1 litter box per cat + 1 – the golden thumb rule.	
Choose a large litter box – at least one-and-a-half times the length of a cat.	
An open litter tray is lightweight, easy to clean, and prevents litter spillage.	
Place a mat beneath every litter box.	
Use unscented, clumping litter with medium to fine texture.	
Choose a scoop that is sturdy enough to last long.	
Locate the litter box in a quiet, obstacle-free place.	
In a multistorey apartment, place a litter box on every level.	
Clean the litter boxes thrice a day.	
Rinse the litter box with unscented soap/baking soda at least once a month.	
Change your cat's litter at least once in two weeks.	

Check for your cat's negative association with litter boxes.	
BASIC NEEDS - HEALTH	
The first line of defense for cats against any disease is vaccination.	
Bolster cat's immunity with supplements, probiotics, omega-3 fatty acids, and other required nutrients.	
Spay your female cat before she enters her heat cycle.	
Get male cats neutered to stop them from urine marking.	
Brush your cat's teeth thrice a week to remove tartar buildup.	
Normal cat's poop is deep brown in color, not too hard, soft, or mushy, and doesn't smell too foul.	
If you notice worms, blood, or mucus visit your vet immediately.	
Provide wheatgrass/oatgrass to aid digestion.	
SAFETY & SECURITY	
Arrange grills and strong nets for your balconies.	
Restrict your cat's access to the swimming pool or teach your cat to swim.	
The gaps between furniture shouldn't feel like a trap.	
Hide the cords with a cord concealer available at hardware stores.	
Consuming strings, threads, yarn balls, or floss can be fatal for cats.	
Keep needles, knives, tools, or any sharp object in closed containers.	
Never leave household chemicals lying uncovered.	
Keep medicines only in closed containers.	
Keep your cats away from poisonous plants, as mentioned by ASPCA .	
Do not leave small objects like jewelry or parts of toys lying around.	
Avoid keeping plastics lying on the floor.	
Do not leave a hot pan or sharp utensils unattended in the kitchen.	
Keep the doors of your washing machine closed.	
Painting home? Keep cats in a safe room. The room should have litter boxes, water, and food bowls kept in different corners.	
Taking your cat for a walk? Prevent her from touching toxic/unhealthy stuff.	
Diet plays a key role in body temperature regulation.	
A diet rich in protein will help keep your cat warm in cold temperatures.	
In warm weather, provide fresh and cool water.	
Do not lock your cat inside or outside the house, even accidentally.	
A CCTV camera helps to keep a tab on your cat's daily activities while you are away.	

In a multi-cat household, try to reduce conflicts between cats.	
Introduce new cats patiently as cats are territorial.	
LOVE	
Observe your cat's tail movement, meows, eyes, and other body postures	
Express love with slow blinks and snuggles.	
Provide comfortable beds and sitting areas.	
Play regularly to keep cats active – 2 sessions of 15 minutes each.	
Do not leave your cats alone for too long.	
PREDICTABILITY, CHOICE & CONTROL	
Cats love their freedom of safety, choice, and stability.	
Keep the indoor environment as safe, predictable, and stable as possible.	
If you throw a party, make sure strangers do not disturb your cats.	
Human kids and cats can be great friends if kids care about cats' feelings and freedom of choice.	
Teach your child to be patient and loving with cats.	
Reward-train your cats by being consistent in your practices.	
Feed your cats every day at the same time.	
Provide comfortable hiding spaces.	
Let your cat choose the litter she prefers.	
Show consistency in petting and handling them.	
Slowly and steadily introduce toothbrushes and toothpaste.	
Be consistent in providing access to rooms or places where you can allow your cats to be.	
Loud noises, especially firecrackers, can make your cat anxious and fearful.	
Provide objects like cardboard for scratching.	
SOCIAL STIMULATION	
Train her with positive reinforcements but do not expect immediate results.	
Trial and errors and constant observation are keys to being successful.	
Win your shy cat's trust to ensure she communicates her needs.	
EMOTIONAL STIMULATION	
Fear, anxiety, and depression in cats could be because of childhood trauma.	
Observe your cat's behavior around others to understand her emotional state.	

Express love to give her the confidence that she is in safe hands.	
Make sure your timid cat does not get bullied by others.	
MENTAL STIMULATION	
Vetstreet states that cats over the age of 15 can develop feline cognitive dysfunction (FCD), a cat version of Alzheimer's disease.	
Keep your cat's brain active. Start early.	
Enrich your cats' days with fun activities.	
Avoid obesity in cats. Get them to move.	
Create cat television for their viewing pleasure.	
Add zing to your cat's life with activities like Treasure Hunt, Puzzle Feeders, Interactive Toys, Predatory Play, and Laser Pointers.	