

## A FEW HELPFUL LINKS & INFO

### Links/Info to Help Caretakers/Fosters/New Cat-Parents

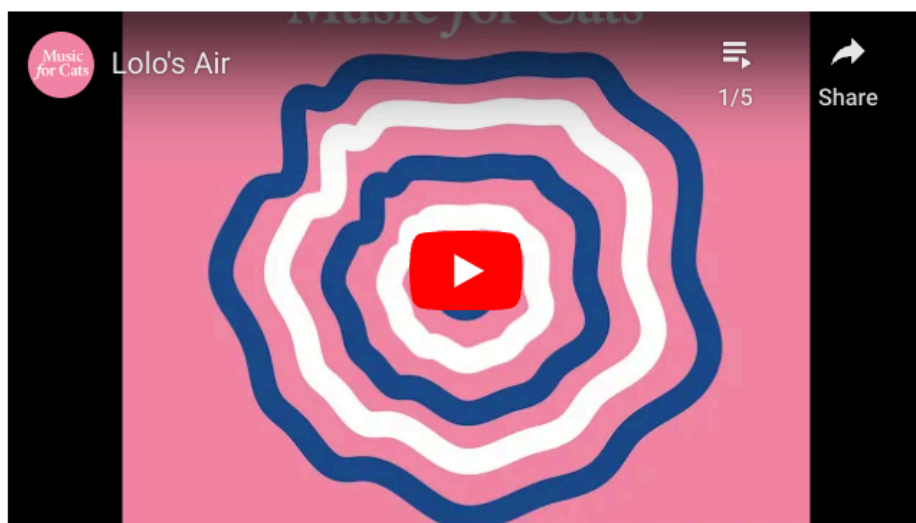
#### MUSIC FOR CATS

Music specially composed for felines are very effective in calming your new companion animal whether (s)he is in a foster home or forever home. One of the best resources out there, covered even by [The New York Times](#) is National Symphony Orchestra soloist David Teie's *Music for Cats*: <https://www.musicforcats.com/>

Play it for your kitties....we have seen this work magic quite effectively on all our felines.

Here're a few samples directly from Teie's youtube channel, or better still, just buy his album to support him.

📺 Lolo's Air <https://youtu.be/h4tlAncRTqg?si=Ua0fH3kG4b7uNiqH>



and

📺 Fostog's Touch <https://youtu.be/eLTbgwyshx4?si=C3vh-ofxOZr6kgV->



## CAT TV

Yes! There's a channel called Cat TV. And it works amazingly well! Keep your feline companions engaged and occupied while filling the room with calming sounds of garden fountains and chirping birds. Several hours of "tv" they can watch, relax and be stimulated by. Here's an example:

📺 Videos for Cats to Watch with Their People - Birds of The UK



<https://www.youtube.com/watch?si=tkohO8Yu-dUrdCyA&v=jNXSEl4QoJY&feature=youtu.be>

Paul Dinning is the specialist in this area and you can see his youtube playlist here:

📺 Bird Sounds Spectacular : 8 HOURS of Beautiful British Birds <https://youtu.be/h-1BFUpeSc8?si=wAH9L2ultnvDpXm6>



## Useful Links:

[What is Single Kitten Syndrome?](#)

[Why Two Kittens are easier than one?](#)

## Safety

- Don't feed these people foods
- List of plants toxic to cats
- These essential oils are toxic to cats
- ASPCA Poison Control Helpline for companion animals
- [Options for hiding your blinds cords](#)
- [Dangers of Cat Collars](#)

## Nutrition

*Rule of thumb is that a commercial raw diet is best, grain-free wet with simple ingredients is second best, and the cheapest wet food on the market is still better than the fanciest brand of dry food. Cats are obligate carnivores, meaning that they need meat to survive. We recommend 75-100 percent wet food.*

**Keep these important tips in mind:**

*\*Feed your cat meals rather than free feeding (see why in the video below). Cats do not need to graze.*  
[Video on Feeding Cats Meals](#)

*\*[Avoid dry food](#) (it should be a snack or treat, not a meal)*

*\*Note that cats will almost always choose dry food when available. It's coated in something very delicious (and gross). Just because a cat "likes dry food better" does not mean that they need it. They are creatures of habit and in time will acclimate to most foods with some patience. Think about a child and candy. They might choose to eat it for every meal if they could, but it doesn't mean it's the right thing to do.*

*\*Quality food might cost more in the moment, but it will save you in vet bills brought on by the effects of obesity, kidney disease, urinary issues, digestive issues, and allergies (all linked to dry food consumption).*

*\*A well-hydrated cat will drink very little water, if any. If your cat is on an all-wet diet and does not drink, don't worry! That's perfectly normal. They are getting their hydration from the food. **A cat is already quite dehydrated by the time they seek out the water bowl.***

**To avoid, if possible:** foods that include added salt, carrageenan, grains

**Treats** can be a slippery slope. They are not typically needed, and the recommended serving portions on the bag are unreasonable. Consider skipping altogether, using a dental treat just for special occasions, or using a freeze dried single protein meat, broken into tiny pieces or a wet treat like Churu or Tiki sticks. Dry treats used often will cause obesity and are very habit forming.

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**Feeding time for kittens: 4ish times per day, as much quantity of wet food as they want! Kittens eat a lot. Take note of their cues. As they get older, you will want to follow portion sizes more carefully.**

**Feeding adult cats:** 2-4 times per day (3x is ideal). Cats do better with regular meal times, like humans, rather than grazing all day (see [this short video](#)).

Cats do not react well to sudden changes in their diet, but keeping some variety as a regular part of their meal routine (mix in novel proteins like rabbit, lamb, venison, and duck) can be very good for them and will be helpful if you ever need to change their food.

[Why cats should eat wet food](#) (link)

Fun and informative Jackson Galaxy videos detailing dry food, wet food, and raw food:

[Part I: Dry Food](#)

[Part II: Wet Food](#)

[Part III: Raw Food](#)

If you wish to read up on a next-level nutrition [deep dive](#)

## Cat Intro Videos

### [Introducing your dog to the cats](#)

[How to Introduce Cats](#) (Jackson Galaxy video)

[Dos and Don'ts of Introducing Cats](#) (Jackson Galaxy video)

[Everything you need for your new cat](#)

## Diffusers and calming products (for stranger cats):

[Comfort Zone Multicat Diffuser](#)-great for cat introductions and multicat households

Other diffuser options:

[Comfort Zone Calming](#)

[Feliway Cat Calming](#)

[Rescue Remedy Stress Relief supplement](#)

## Play & Toys

*Toys to use only with caution (and must be put away):*

Laser pointers: They are a tease and can frustrate cats. Cats can never really win/catch the prey. If you do decide to use one for exercise, make sure that the game ends with a toy that they can catch and a treat.

String toys: They are a huge hit, just make sure to hide in a drawer or secure cabinet when finished

### Some inexpensive favorites that are safe to leave out:

[Excellent option that allows cats to play safely when home alone](#)

[Scratcher Ball Toy Combo](#)

[Soft Toys to Carry](#)

[Cat Dancer: Looks boring, but always a hit](#)

[Tunnels!](#)

[Spring Toys](#)

[Bouncy Balls](#)

Yeowwww [Catnip-Filled Things](#)

Mojo Cat [Kickers](#)

**Cat Trees** (*Great to support stimulation and confidence and to help with territory issues in multiple cat households*):

There are multiple versions of [this cat tree](#) that are reasonably priced and very popular

Or check [Chewy](#) for even more...

Want a fancy one that is especially aesthetically pleasing? Try [Mau Pets](#).



# ***Keep Cats Safe Indoors!***

## **WHAT AN INDOOR ONLY CAT**

## **MISSSES...**

- \* BEING HIT BY A CAR
- \* BEING STOLEN
- \* BEING USED AS BAIT IN DOG FIGHTING
- \* FIGHTS WITH CATS, DOGS, SKUNKS, FOXES, COYOTES, BEARS & RACCOONS
- \* RAIN, SNOW, VERY HOT or COLD WEATHER
- \* BEING ABUSED & TORTURED BY STRANGERS
- \* GUNSHOT WOUNDS/BB GUNS
- \* BEING SOLD TO LABORATORIES FOR TESTING
- \* GETTING LOST
- \* INFECTIONS/DISEASE
- \* SICKNESS
- \* FIV, FELV, FIP
- \* INJURIES
- \* ANIMAL TRAPS
- \* RAT POISONING
- \* ANTIFREEZE POISONING
- \* ROCK SALT BURNS
- \* FLEAS, TICKS & WORMS
- \* GETTING COLLAR CAUGHT
- \* RINGWORM
- \* UNWANTED PREGNANCY
- \* HUNGRY HAWKS

