



The 3-3-3- Rule of Adopting



Understanding what your new cat may experience as they adjust to a new home



THE FIRST THREE DAYS

Your new cat is just beginning to adjust.

You may notice:

- Hiding or staying in one area
- Little interest in food or play
- Cautious or fearful behavior
- Limited interaction with people
- Excessive sleeping or stillness

What helps:

- Provide a quiet, safe space
- Keep routines simple and predictable
- Avoid forcing interaction
- Allow observation at their own pace

This stage is about **decompression** and **safety**



THE FIRST THREE WEEKS

Your cat starts to feel more comfortable.

You may notice:

- Increased curiosity and exploration
- Eating more regularly
- Beginning to play
- Testing boundaries
- Small glimpses of personality

What helps:

- Maintain consistent feeding times
- Begin gentle interaction
- Establish routines
- Offer enrichment and play
- Continue patience

This stage is about **building trust**



THE FIRST THREE MONTHS

Your cat begins to feel at home.

You may notice:

- Stronger bonding
- Confidence in the environment
- Relaxed body language
- Clear personality traits
- Deeper trust and affection

What helps:

- Continue consistency
- Respect preferences
- Strengthen your bond through routine and play

This stage is about **belonging** and **connection**.



IT DOESN'T HAPPEN OVERNIGHT. EVERY CAT ADJUSTS AT THEIR OWN PACE



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