



The 3-3-3 Rule

Helping Your New Cat Adjust

Bringing a new cat home is a big transition for both of you. Adjustment takes time, and it's normal to see changes in behavior as your cat learns that your home is safe. Here's a general framework for what many cats may experience during their first days, weeks, and months.

3 Days 3 Weeks 3 Months

3 Days

Decompressing

- Feeling distressed
- May hide under bed or in a safe spot
- Scared of new surroundings
- Uneasy about being "himself"
- Tests the boundaries

What to Do:

- Confine to a quiet space
- Feed scheduled meals
- Establish a routine
- Don't force interactions
- Give treats & praise



3 Weeks

Acclimating

- Begins adjusting to environment
- Starts showing true personality
- May be curious but cautious
- Builds trust with routine
- Behavior issues may emerge

What to Do:

- Expand areas to explore
- Prey play twice a day
- Positively reinforce good behavior
- Introduce other pets slowly



3 Months

Settling

- Feels at home & comfortable
- Increased confidence & trust
- Settle into the routine
- Full access to their home
- May have strong bond

What to Do:

- Give full access to home
- Allow exploring
- Maintain a routine
- Provide perch & safe places
- Appreciate their presence



Adjustment takes time—patience, understanding, and consistency are key.

