

The 3-3-3 Rule

3 Days

- Your cat is decompressing. Expect hiding, low appetite, and caution.

3 Weeks

- They begin learning routines, exploring more, and showing personality.

3 Months

- They feel secure, bonded, and truly at home.

Every cat adjusts at their own pace. Patience is the greatest gift you can give.

No Introductions Yet!

Do not introduce your new cat to resident cats or dogs during the first week.

Let them adjust to you and the new environment first.

Start introductions once they seem well-adjusted.



Things to Remember

- Start with a small space
- Building trust takes patience
- Slow and quiet movements
- 3-3-3 Rule
- Expect stress behaviors for the first 2 weeks



For more support, resources, and videos and visit

TheSpicyCatProject.com



Welcoming Home Your New Cat!

A quick guide to helping your cat feel at home



Scan for more tips, videos, and detailed guidance



Some cats settle into their new home quickly, others may take a week or two. A happy transition starts with patience, understanding, and the right setup

This is a scary time for a cat

Moving into a new home can be a scary and overwhelming experience for a cat. Recognizing the stress behaviors below can help you understand how they're feeling and support them through this transition

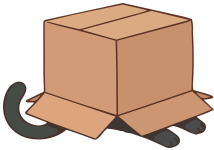
Signs of stress in a cat:

Hissing



Not eating

Hiding



Frozen in Fear



Growling

Swatting

Setting Up & Socializing



1 Start with a small space. Set up a bathroom with all the essentials:

- Large litter box
- Food and water bowls (separated from litter)
- A small hiding space (box, carrier, or covered bed)
- Soft blanket or towels
- Toys
- Cat Scratcher
- Quiet surroundings



2 Visit with your new cat 3-4 times a day. Never force interactions. If a cat backs away, give them space and let them approach you. If they're calmly resting without hissing or growling, slowly offer gentle pets as long as they seem comfortable.

3 After 7-10 days, slowly start introducing them to the rest of the house if they're settling in well. Some cats may need a couple of weeks to build confidence in their new home, others, just a few days.



A new home can be overwhelming. Start with a small space. A bathroom is ideal.

Why?

There are no hard-to-reach hiding spots (like under the bed)

Allows you to easily spend quality time with your new cat

Prevents overstimulation

Decreases stress-based behaviors

Helps build trust faster

Many new adopters let their cat loose in the whole house or bedroom right away. The cat often panics and hides under the bed for days, making it impossible for the owner to interact with them. This increases stress for the cat and slows down the bonding process.

A cat you can't reach is a cat you can't help adjust