

First 30 Days Calendar for New Cat Parents

A structured, adopter-friendly bonding and routine-building guide.

Week 1: Decompression & Observation

Focus: Safety, minimal pressure, gentle routines.

Day 1: Feed at consistent times, keep lights low, and limit interaction.

Day 2: Sit quietly in the same room and observe body language.

Day 3: Scoop the litter box daily and note any use.

Day 4: Offer treats or toys gently, no forced contact.

Day 5: Let the cat come to you - no reaching into hiding spots.

Day 6: Celebrate firsts: eating in your presence, exploring the room.

Day 7: Reflect: Are they less fearful? Using the litter box?

Week 2: Gentle Engagement & Routine Building

Focus: Play, consistency, and trust-building.

Day 8: Begin short play sessions with wand toys.

Day 9: Talk to your cat in a calm, familiar tone.

Day 10: Offer treats from your hand, if accepted.

Day 11: Try brushing or petting - stop at any sign of discomfort.

Day 12: Maintain consistent feeding and quiet time routines.

Day 13: Reinforce positive behavior like scratching post use.

Day 14: Reflect: Are they showing curiosity or approaching you?

Week 3: Expanding Territory & Confidence

Focus: Exploration, comfort in new rooms, early introductions.

Day 15: Let them explore one new room under supervision.
Day 16: Reintroduce toys in new areas to build confidence.
Day 17: Begin pet intros with scent swapping or visual barriers.
Day 18: Observe behavior: Are they relaxed in new space?
Day 19: Practice short visits to other rooms, then return to safe room.
Day 20: Encourage calm behavior around other pets.
Day 21: Reflect: Are they navigating the house more freely?

Week 4: Strengthening Bonds & Long-Term Habits

Focus: *Trust, affection, full-home integration.*

Day 22: Create rituals like morning greetings or bedtime treats.
Day 23: Try a puzzle feeder or enrichment game.
Day 24: Allow supervised access to more active rooms.
Day 25: Invite them onto the couch or near you - don't force it.
Day 26: Keep daily play times consistent.
Day 27: Practice gentle grooming again.
Day 28: Reflect: Are they affectionate, confident, and curious?

Bonus Days (Optional for Flexibility or Catch-Up)

Day 29: Try teaching a new cue (name, "come," etc.) using treats.
Day 30: Reflect on their progress. What's their favorite toy? Do they seek you out?
Where have you seen the most growth?

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