

## Noisy Cats

There are several reasons a cat can be vocal.

Anxiety and stress can stimulate a cat to speak up. This can be caused by changes of a physical or emotional nature. Giving her extra attention and special times to be quiet may soothe and reassure her.

Another reason your cat may be chatty is because you have encouraged her to be – perhaps without realizing it. If your cat has meowed at you and gotten any sort of reply, then when she next meows and you do not reply, you encourage her to meow more or more loudly. The fix for this chattiness is not to talk back to her, ever. You can talk to her, but not in direct answer to her meowing. In general, if you ignore her talking, it should stop because her behavior is not being reinforced.

Steps to discourage your cat to be vocal:

- Don't ever feed her when she meows (begs)
- Don't acknowledge her meowing in any way (playing, talking back, stroking, picking up)
- Instead ignore her, walk straight past her or even gently push her away and walk off
- Give her lots of attention when she is quiet, even treats
- Stop providing food (especially wet food) first thing in the morning (switch instead to a full bowl dry food that will last her through the night, feed wet food during the day)
- Feed her CALM food (available at the vet)
- Install "her" room if possible (with litter box, water, food, toys, scratch pads and cat tree with view out of the window) where you lock her EVERY night
- Try to get her "to bed" at the same time – even if you stay up longer
- Have a quick play session in "her" room before you switch off the light and close the door
- do not go back in again
- If she meows, ignore it – hopefully she soon realizes that a closed door means no contact, food or playtime
- If she persists being noisy, open the door (don't go into the room), make an unpleasant noise or shush her and close the door again immediately (repeat if necessary)
- If she doesn't react to this and you ignoring her, squirt her quick and once with a water spray bottle, don't say anything, leave the room immediately and close the door
- Especially hard cases can be locked up in the carrier with a blanket over the carrier at night (be careful with timid or nervous cats)
- Be consistent and consequent with your action, even if it takes a week
- Spray FELIWAY in the corners of her room
- play soft music during night
- Change the toys around that you leave out at night to keep it interesting for her
- A cat tree or back of an armchair at the window for her to look out will also keep her occupied during the night
- If nothing helps, get her a feline playmate

A vocal cat can disturb the harmony in any household. Some cat breeds are vocal by nature:

- Arabian Mau
- Balinese

- Burmese
- Cornish Rex/Devon Rex
- Egyptian Mau
- Japanese Bobtail
- Siamese
- Siberian
- Sphynx
- Tonkinese



Cats are vocal for several reasons. One of them is to get your attention. Therefore, whenever and wherever your cat starts calling, ignore her. If you are next to her, get up and leave the room. If she is behind the other door, don't open it, until she stopped meowing. Try to avoid petting her, picking her up or even feed her while she talks. All these actions will tell her, that her meowing is successful.

If she starts meowing early at the morning before you make it out of bed, try to install a food-feeding machine that you can time for that early morning hour. If this doesn't stop the meowing, get her a playmate that keeps her company. If the cat is not allowed in your bedroom, the meowing in the morning is separation distress. Keeping your kitty busy might calm her down.

Therefore, playing for 20-30 minutes with your cat in the evening before bedtime followed by a treat could change the clock of your kitty.