



## Scaredy Cat? How to Calm a Cat When Guests Arrive

Does your cat hide from guests – or worse yet, act up by scratching, spraying or being destructive when new people come to your home? If so, Felix might be more than just a “bad cat” – he might be scared and stressed, which means scolding is not going to solve the problem and could possibly make it worse.

If you want to make your cat feel more comfortable when guests arrive – instead of constantly trying to explain that your cat is afraid – try these tips:

- 1. First, relax.** If you're stressed out, your pet will be too – so don't get worked up when people are coming over. Instead, create a calm environment in the home. Avoid disruptions like moving furniture, yelling and loud voices, or rushing around the house directly before a visitor arrives. This will help keep your cat from feeling nervous, so you won't have a scared cat on your hands before your guests even arrive.
- 2. Don't push and prod.** If your cat tends to hide when the doorbell rings, don't force him into the limelight or lock him out of his “safe spots” to solve the problem. Instead of calming a cat down, this type of behavior tends to make him more afraid, tense and likely to act out. If you let him be, he's more likely to come out of hiding – on his own terms.
- 3. Warn your guests.** Tell those visiting your home, “My cat is afraid of people at first. He might need a little time to warm up to you before he's comfortable, so just let him be for now.” This might be especially important if small children are coming to your home, as they don't always understand when the “kitty-cat” isn't enjoying their attention.
- 4. Prevent “bad cat” behavior.** While some cats just hide from guests, others make their displeasure known through behavior issues like urine marking or scratching furniture or other vertical surfaces. If stress and fear are causing these cat behavior problems, consider using Comfort Zone® with Feliway®, a natural product that mimics your cat's own pheromones. This helps him identify an area as safe and friendly, calming your cat down. In fact, in clinical studies, Comfort Zone® products stopped cat scratching and urine marking by 95 percent\*.
- 5. Work your way up.** The more often people come over, the less likely your cat is to be scared. If you're planning a big event at your house, where your cat will be faced with a number of new people at once, you can help keep him calm by having a few new people in the house at a time, slowly getting him used to unfamiliar faces and voices. A couple weeks before an event is also a great time to install a new Comfort Zone® diffuser, which plugs into the wall and emits natural calming pheromones around the clock, increasing your cat's comfort before – and during – the big event.

Whatever you do, remember that there's probably more to your cat's behavior than simply being “bad.” By taking the time to understand what's bothering your pet – and developing a healthy

way to deal with issues like stress and fear – not only will your furniture and carpet be better off, but your cat will be happier as well.

For more questions about calming a cat down and other pet behavior issues, download the [Comfort Zone® with Feliway® Reference Guide](#).

\* Clinically proven to reduce urine marking and scratching by 95 percent. Data on file.

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