

# CAT CLICKER GAMES

*Your free guide to getting started!*



## BENEFITS

- Keeps your cat's mind busy
- Reduces your cat's anxiety
- Provides your cat with a routine
- Gives your cat a feeling of control
- Redirects your cat from unwanted behavior to positive behavior
- Reduces boredom in your cat
- Creates a new language with your cat
- Using the *seeking* part of that cat's brain producing dopamine giving them a feeling of excitement
- Builds and strengthens relationships between Cat-to-Human and Cat-to-Cat

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## RESULTS

- Your Cat will be doing the positive behavior **without you asking**, as clicks = treats
- A happier, relaxed cat
- A cat that is in tune with your needs
- Fun and laughter!

*Print this guide and get a pen ready to check off the next items! ▶*

Ruthie  
Clicker Expert



# CHECKLIST | WHAT YOU NEED



Big Button  
Soft Clickers

## Your Cat

- To Prepare your cat, it's best they have not been fed or have had access to food for a few hours before the games start.

## High-Value Reward

- The reward can be in the form of food, treats, petting or playing. What is your cat's favorite thing to eat or do? Experiment and let them choose. All food items should be **bite size**, or in portions they can lick off of a spoon. Consider your cat's diet and adjust based on how many treats they are getting. Examples of some high-value rewards include but are not limited to: **treats, wet food, Churu, baby food, tuna, ham, turkey, or white chicken meat, and diced cheese.**

## Marker

- A marker is a **consistent "click" sound** that marks the behavior you have asked for. It tells your cat "job well done". The marker is key to clicker games, it must be well timed to communicate to your cat your high-value reward has been earned and is forth coming. Click = Treat.

A marker can be: A **big button soft clicker** (highly recommended), **your tongue, a click top pen, tapping the top of a tin lid, or saying "yes" in the same tone/volume** each time.

## Tools

- Target Stick** - we recommend using the eraser end of a new pencil
- Spoon** for wet food or liquid treats
- A **small container** to hold treats in

## Routine

- Practicing **at the same time every day** establishes a routine. **Routine is critical to your cat's health and happiness.** It is important to be consistent in your cat's life, so make sure you pick a time of day that you can complete the games consistently. You only need 2 to 3 minutes per game, always ending on a high note.



Location  
is Key!

## No Distractions

- Location is key.** It is important that your cat and you **do not have distractions**, it is a few minutes a day for just you and your kitty.

## Commitment

- As you start on this journey it is important you are **patient, confident and willing and open** to this new experience.