

# Scratching Tips

## Why Do Cats Scratch?

Although some people think a cat's scratching behavior is a reflection of his distaste for a couch's upholstery, a not-so-subtle hint to open the drapes, or a poorly conceived Zorro impersonation, the fact is that cats scratch objects in their environment for many perfectly normal reasons. For instance, cats scratch:

- To remove the dead outer layer of their claws.
- To mark their territory by leaving both a visual mark and a scent—they have scent glands on their paws.
- To stretch their bodies and flex their feet and claws.
- To work off energy.



Because scratching is a normal behavior, and one that cats are highly motivated to display, it's unrealistic to try to prevent them from scratching. Instead, the goal in resolving scratching problems is to redirect the scratching onto acceptable objects.

## Training Your Cat to Scratch Acceptable Objects

1. You must provide objects for scratching that are appealing, attractive, and convenient from your cat's point of view. Start by observing the physical features of the objects your cat is scratching. The answers to the following questions will help you understand your cat's scratching preferences:
  - Where are they located? Prominent objects, objects close to sleeping areas, and objects near the entrance to a room are often chosen.
  - What texture do they have—are they soft or coarse?
  - What shape do they have—are they horizontal or vertical?
  - How tall are they? At what height does your cat scratch?
2. Now, considering your cat's demonstrated preferences, substitute similar objects for her to scratch (rope-wrapped posts, corrugated cardboard, or even a log). Place the acceptable object(s) near the inappropriate object(s) that she's already using. Make sure the objects are stable and won't fall over or move around when she uses them.
3. Cover the inappropriate objects with something your cat will find unappealing, such as double-sided sticky tape, aluminum foil, sheets of sandpaper, or a plastic carpet runner with the pointy side up. Or you may give the objects an aversive odor by attaching cotton balls containing perfume, a muscle rub, or other safe yet unpleasant substance. Be careful with odors, though, because you don't want the nearby acceptable objects to also smell unpleasant.
4. When your cat is consistently using the appropriate object, it can be moved *very gradually* (no more than three inches each day) to a location more suitable to you. It's best, however, to keep the appropriate scratching objects as close to your cat's preferred scratching locations as possible.
5. Don't remove the unappealing coverings or odors from the inappropriate objects until your cat is consistently using the appropriate objects in their permanent locations for several weeks, or even a month. They should then be removed gradually, not all at once.

## Should I Punish My Cat for Scratching?

No! Punishment is effective only if you catch your cat in the act of scratching unacceptable objects and have provided her with acceptable scratching objects. Punishment after the fact won't change the behavior, may cause her to be afraid of you or the environment, and may elicit defensive aggression. Used by itself, punishment won't resolve scratching problems because it doesn't teach your cat where to scratch instead. If you do catch your cat in the act of scratching inappropriate objects, punish her in a way that prevents her from associating the punishment with you. Try making a loud noise (using a whistle, shaking a soda can filled with rocks, or slapping the wall) or using a water-filled squirt bottle. If you use other, more interactive techniques, she'll learn to refrain from scratching in your presence but will continue to scratch when you're not around.

Soft Paws are vinyl caps that you glue to your cat's paws protecting against scratching. For more info visit [www.softpaws.com](http://www.softpaws.com)