



# Luna's Behavioral Wellbeing Insights

## Insights

**Concerns:** Stress and fear from another resident cat and defecating outside the litter box.

Based on the behaviors you've described, it seems that some inter-cat aggression is present in the household. While you mentioned that territorial issues may be a contributing factor, I am not convinced that it's strictly territorial. It's likely that Sage does not understand Luna's boundaries, Sage's play energy doesn't match Luna's, and there might have been a negative interaction between them when Luna was using the litter box, leading to fear associated with using it.

This insight, along with the relationship dynamics, I do encourage seeking the help of a behavioral consultant who offers more involved services. By analyzing their history and current interactions, including body language and patterns, you can better understand and improve their dynamic, enhancing Luna's sense of comfort and safety in the household.

## Recommendations

- 1. Evaluate your litter box zones:** Consider the locations of the litter boxes, to ensure a comfortable and safe bathroom environment for all cats.
  - a. Litter boxes should have easy entrance and exit points that are not placed against corners, covered, or underneath furniture.
  - b. Separate the litter boxes, avoiding clustering them in the same spot.
  - c. I recommend open litter boxes with dimensions of 24" L x 18" W. [Here](#) is an example of a size recommendation.
  - d. Increase the number of litter boxes in the main part of your home.
- 2. Schedule a vet visit for Luna:** While stress might be a factor in defecating outside the litter box, it's more common for urination issues. Since Luna is defecating outside the box, it's essential to rule out any underlying health or digestive problems.
- 3. Establish a consistent "prey play" routine ~2x a day with Sage ([handout](#)):** As you mentioned that Sage chases Luna, this might indicate predatory behavior. It's important for cats to engage in hunting-play activities to satisfy this natural behavior with appropriate toys.
- 4. Provide comfort spaces and safe zones for Sage away from Luna:** Ensure that Sage has areas where she feels secure and comfortable. If necessary, consider separating Sage from Luna when she is in a heightened state of anxiety around him. If you notice this occurring frequently, I highly encourage you to seek the help of a behavioral consultant to consider working through a re-introduction process.
- 5. Consider getting a video camera to monitor areas where Luna is defecating:** Using a camera can help you identify patterns of behavior or any signs of aggression or tension that might be happening before the incidents occur.
- 6. Provide more enrichment opportunities and toys for all cats:** Enrichment and toys can offer more play opportunities, allowing them to expend energy, satisfy their natural instincts, and build confidence. You can find my favorite cat toy options for enrichment [here](#).
- 7. Consider a daily calming supplement for Luna:** Consider using products like [Vetriscience Composure](#) for cats to help reduce anxiety.
- 8. Separate foster cats from resident cats:** I always recommend this, especially if there are existing stress or aggression issues. Adding more cats into the mix can complicate the existing issues.

I hope these insights and recommendations will be a helpful start for Luna. As mentioned in our emails, I believe that working with a cat behavior consultant who offers more involved services would be ideal to fully address these concerns. In my email, I have provided a list of recommended colleagues for you to consider if you choose to pursue this option.