**Cats and Climbing**

 Cats feel safe and secure when they can view their surroundings from above, and when the can rest/sleep on a high surface. Cats also find the activity of climbing enjoyable. This can be a problem for some owners if they feel the cat is climbing on inappropriate objects i.e. furniture, counters, cabinets, closets, etc.

**Advice**

* Provide the cat with suitable alternatives for climbing and perching. Cat trees are the best option, but they can be expensive. You can create your own high resting spaces using existing space i.e. shelves, cabinets, desks, chairs, dressers or closet space can all be adapted for your cat. You can place a comfortable blanket in the location and routinely leave treats or catnip there to encourage the cat to use the space. Try to create the space near the area the cat already likes. N.B. These resting spaces can have a range of heights, for some cats, a cushion on the ground would be sufficient, for other cats they want to get as high as possible.
* Deter the cat from using the areas that you want to keep as off limits. This can be done by: using double-sided tape (cats don't like sticky surfaces), aluminum trays filled with a couple of inches of water (cats don't like walking in water).
* Carpet runners or car mats turned upside down so that the plastic nubs point up (cats don't like walking on spiky surfaces).
* Once the cat is using the new space you created you can remove the deterrent.