



CHECKLIST

Your cat-proofing checklist: reduce knocking in one week

- ☐ Clear high-traffic surfaces of loose, lightweight items before leaving the house

- ☐ Set up one puzzle feeder or snuffle mat in a different location each day

- ☐ Schedule two ten-minute play sessions daily, before dawn and dusk peaks

- ☐ Ignore knocking behaviour completely—no eye contact, no reaction

- ☐ Reward your cat immediately when they sit calmly near you instead

- ☐ Add one new vertical resting spot away from your workspace
