



---

How To Let Your Cat Train You  
Placeholder for the "Links" field



<?xml version="1.0"?>

## How To Let Your Cat Train You

SHARE

- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Facebook \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Twitter \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Pinterest \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Download \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Email \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Print \(opens in same window\)](#)

The internet abounds with cat-training advice, but you know the truth: You can't really train a cat. But maybe, just maybe, you can strengthen your bond by letting them train you. Here's how.

### Night walker

Whether they're pouncing on you, nuzzling your ear or sitting on your head, chances are your cat has stirred you from your slumber on more than one occasion. They might be craving a midnight snack or pining for more social interaction. Try setting a timer on an automatic feeder to release food during the night, or [play with them](#) before you go to bed

so they're ready for a cat nap when you are.



**"Oh, were you sleeping?**

**I didn't notice."**

## **Vocal murmurs and mrrrows**

Studies have shown<sup>1</sup> that cats can meld their high-frequency natural cry with their appealing low-frequency purr. The resulting pleasant sound can trigger our nurturing instinct. In next to no time, you're scratching your cat in their favorite spot or getting off the couch to fetch them food. Pretty clever for a kitty, eh?



**"My preferred love**

**language? You**

**doing what I say."**

## **Under-using the litter Box**

If your cat is avoiding their litter box, they may be demonstrating disdain for a particular type of litter, a dirty box or high sides that are difficult to climb over. Try a different litter, clean the box more often and make sure it's accessible. If the behavior continues, consult your vet — the cause could be a medical issue.



**"Oh, this?**

**This definitely wasn't me."**

## **Biting the hand that pets them**

Most cats love to be pet, as long as it's on their terms. Your cat's nibbles may be teaching you when to stop, where they prefer to be pet and how vigorously or softly to pet them.



**"A little more to the**

**left — don't make  
me ask twice."**

## **I knead you**

Kneading is your cat's sincerest form of flattery. They're simply saying they love you and feel contented: "You're doing a good job — keep it up." Or "Thanks for the [SHEBA® PERFECT PORTIONS™](#) meal you fed me earlier. It was just what I wanted."



**"You're doing a  
wonderful job."**

While picking up on your cat's cues and learning what makes them happy will strengthen your bond, avoid reinforcing negative behaviors. Instead, give them extra attention when they're doing something you approve of. Of course, this may be exactly what they've been training you for all along.

## **References**

McVeigh, K. (2009, July 13). Sound effect: How cats exploit the human need to nurture. Retrieved June 03, 2020, from <https://www.theguardian.com>([open in new tab](#))

## **More Articles Like This**



### **[What Do Cats Eat? | Feeding Guide for Pet Owners](#)**

What do cats eat? We've got answers! Learn what, when, and how to feed your feline friend to help keep them happy and living their best life.

[EXPLORE](#)



### **[A Guide To The Premium Ingredients In Sheba® Cat Food](#)**

It goes without saying that your cat wants only the best ingredients in their wet food in juuuuust the right amounts. Delicious. Nutritious. More, please. Cats can't read labels, but you can. Let's peruse the main ingredients we've stocked in the SHEBA® brand pantry — and learn why you should offer them to your cat.

[EXPLORE](#)



## **9 Weird Eating Habits In Cats — And What To Do About Them**

Every person with a cat has experienced this moment: Your cat lets you know it's time to eat, and they stroll to their typical dining spot and wait to be served. You happily oblige, yet you're a bit nervous as you anxiously watch your cat, hoping for their approval.

[EXPLORE](#)



## **Kitten Development Milestones by Weeks & Months**

Learn about kitten milestones, what to expect at each age, and how your new feline friend will develop week by week and month by month.

[EXPLORE](#)

```
.layout-container .main { background: #1A1A18 !important; } .article-header-block {  
margin-bottom: 0rem !important; } .results-key-header-container { margin-top: 8rem; }
```

---

**Source URL:** <https://www.sheba.com/lifestyle/how-to-let-your-cat-train-you>