

Reading Your Cat's Body Language

Family Matters

Cats have a reputation for being mysterious.

Some people even believe they're impossible to understand.

The truth is, cats are communicating with us all the time.

The challenge isn't that they don't communicate—it's that we often don't recognise what they're saying.

At Amity, we believe understanding your cat's body language is one of the greatest gifts you can give them. Our purpose is to **Empower You Through Education**, helping you build a stronger relationship with your cat while recognising when something isn't quite right.

Your Cat Is Always Talking

Cats don't use words.

Instead, they communicate through their posture, tail, ears, eyes, whiskers and behaviour.

Learning to read these signals helps you understand whether your cat is relaxed, playful, frightened, frustrated or in pain.

The more you understand, the more confident you'll become as their guardian.

A Happy Cat Looks Relaxed

A relaxed cat usually has:

- Soft, partially closed eyes.
- Ears facing forwards.
- A loose, comfortable posture.
- Whiskers in a natural position.
- A gently upright tail when greeting you.

Many happy cats will rub against your legs, slowly blink at you or curl up nearby.

These are signs that your cat feels safe and trusts you.

The Tail Tells a Story

A cat's tail is surprisingly expressive.

A tail held upright often signals confidence and friendliness.

A puffed-up tail usually means your cat feels frightened or threatened.

A rapidly flicking tail may indicate irritation or frustration, particularly if accompanied by flattened ears or tense body posture.

Looking at the whole cat—not just the tail—gives you the clearest picture.

Recognising Fear and Stress

Cats often try to avoid conflict rather than confront it.

Signs of stress may include:

- Hiding.
- Flattened ears.
- Dilated pupils.
- A crouched posture.
- Tense muscles.
- Growling or hissing.
- Reduced appetite.
- Excessive grooming.

These are not signs of a "bad" cat.

They're signs of a cat asking for space or feeling overwhelmed.

Behaviour Can Be a Sign of Illness

One of the biggest challenges with cats is that they're exceptionally good at hiding illness.

Sometimes the only clue is a subtle change in behaviour.

A normally friendly cat may become withdrawn.

A playful cat may stop jumping onto furniture.

A sociable cat may start hiding.

These changes should never be ignored.

Cats rarely complain—they simply behave differently.

Respect Builds Trust

Cats are independent by nature.

They appreciate having choices.

Allow your cat to decide when they want interaction, provide quiet places where they can retreat, and avoid forcing cuddles when they want to be left alone.

Respecting their communication builds trust far more effectively than trying to control it.

Understanding Creates Better Care

At Amity, we believe caring for a cat isn't simply about treating illness.

It's about understanding who they are and recognising what they're trying to tell you every day.

That's why **Amity Essential Membership includes unlimited health checks**. If your cat's behaviour changes or something simply doesn't feel right, we'd much rather assess them early than allow a hidden problem to progress.

The better you understand your cat's language, the better you'll understand your cat.

Because they're not just your cat.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.