

Cat Kneading Decoder Cheat Sheet ■

■ 5 Types of Kneading & What They Mean:

1. Gentle Paws + Purring
 - Emotional bonding. Your cat feels safe and happy.
2. Intense Kneading with Claws
 - Possible anxiety or overstimulation. Check their stress levels.
3. Drooling During Kneading
 - Deeply rooted comfort behavior from kittenhood.
4. Kneading Only on You
 - You're their favorite. They're marking you with scent glands.
5. Kneading During Stress or Change
 - Self-soothing behavior. Try to reduce stressors at home.

■ Quick Checklist — What Is Your Cat Trying to Tell You?

- ☐ I'm relaxed and bonding
- ☐ I need comfort or reassurance
- ☐ This space/person is MINE
- ☐ I'm overstimulated, back off a bit
- ☐ I might be in heat or unspayed/neutered

■ Vet-Backed Tips:

- Always watch body language (tail flicks, ears, eyes)
- Let your cat knead on a blanket if claws hurt
- If kneading increases suddenly, consult a vet
- Reinforce calm kneading with soft praise

■ Bonus Tip:

Respond with calm touch, soft voice, or stillness.

Your cat kneads because it trusts you. ■

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