

How does your cat communicate with you?

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Cats communicate using their entire body but the various sounds that cats make can tell us many different things.

The most common sound is the **meow** which is used as a greeting or sometimes as a command. Cats will also meow as a complaint or objection, meaning they don't want whatever is happening. A meow may also be used as an announcement when a mouse or toy has just been caught.

The second most common sound is the **purr**. This is usually used as a sign of contentment when feeling pleasure, but purring may also be an indication of anxiety, sickness or pain; the act of purring releases endorphins which are natural pain relievers.

A **growl** is another form of sound that cats use when they feel stressed, annoyed or frightened. This form of communication is a cat's way of warning "not happy and stay back"!

