



RAT CARE GUIDE: EXERCISE AND SOCIAL NEEDS

EXERCISE

Wheels: Some rats will use a wheel and others will not. Be sure to only use wheels with a solid base (never wire) and of the appropriate size.



Solid Base



Wire

Rat Proofing: When having free playtime, secure the area so your rats can't escape the room. Always hide or cover all cords and outlets. Make sure your rats can't get into small spaces that you can't reach into such as under the fridge or in couch cushions. Use an exercise pen whenever possible. If you have other pets, secure them in another room or a crate.

Although rats are naturally nocturnal, they can easily adapt to your schedule. Rats thrive on routine, so try to stick to one in order to build their trust and keep them active during the times when you would like to interact with them.

Rats are very social animals and love to spend time with humans and other rats. Here are some fun game ideas to play with your rats:

- Wrestling (using your hand)
- Chase (using a toy)
- Obstacle course
- Hide and seek
- Food hunt (hide food for your rat to find)
- Tickling
- Fetch

SOCIAL NEEDS

Mental Stimulation:

Rats are incredibly intelligent and personable pets. They need daily time outside of their cage to explore, get some exercise, and bond with their humans.

One hour of playtime in a rat safe environment is recommended everyday.

Younger rats will be more active and playful, while older rats are often content to explore for a short time and spend the rest cuddling in your lap. In general, females are more energetic and independent, males are more lazy and snuggly.



KEY COMPONENTS OF TRAINING

- Trust
- Positive reinforcement
- Consistency
- Repetition
- Patience

Did you know?

Rats are very trainable and can learn tons of fun tricks! They love to please and problem solve.

Bonded Buddies: Pet rats are very social and will be happiest when living with other rats. It is recommended to keep a minimum of two rats at a time. Rats should be kept only with other rats of the same sex.