STARTER GUIDE AND CHECKLIST

Kitten Care Starter Guide

What to buy, how to kitten-proof your home, feeding and litter training, vaccines, and warning signs, for first-time cat owners in India.

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Shopping list

- [ ] Kitten food (dry and wet, complete for kittens)
- [ ] Two shallow bowls
- [ ] Litter tray and unscented clumping litter
- [ ] Litter scoop
- [ ] Scratching post
- [ ] Soft bed or box with blanket
- [ ] Safe toys: balls and wand toy
- [ ] Cat carrier for vet visits
- [ ] Soft brush
- [ ] Cat-safe flea product (from vet)

Kitten-proofing

- [ ] Net windows and balconies
- [ ] Remove lilies and toxic plants
- [ ] Hide thread, needles, rubber bands and hair ties
- [ ] Lock away medicines (paracetamol kills cats)
- [ ] Keep washing machine and toilet lids closed
- [ ] Hide chargers and wires
- [ ] No dog flea or tick products on cats

Feeding guide

Age	Meals a day	What to feed
8 weeks to 6 months	3 to 4 small meals	Complete kitten food, wet and dry; fresh water always
6 to 12 months	2 to 3 meals	Kitten food until about 12 months
Adult	2 to 3 meals	Complete adult cat food; some wet food daily for urinary health

> Cats are true carnivores and need meat-based food with taurine. Rice, roti, dal and milk alone are not enough. Most cats cannot digest cow or buffalo milk.

Litter training in 5 steps

1. Place the tray in a quiet spot away from food and water.

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2. Put the kitten in the tray after meals, naps and play.
3. Praise softly when it is used.
4. Scoop daily; one tray per cat plus one extra.
5. Never punish accidents; clean with an enzyme cleaner.

Health plan

When	What	Date done
Week 1 at home	Vet check-up, start vaccines and deworming	
6 to 8 weeks	FVRCP vaccine dose 1	
9 to 12 weeks	FVRCP dose 2	
12 to 16 weeks	FVRCP dose 3 and rabies	
Every 2 weeks to 3 months	Deworming, then monthly to 6 months, then every 3 months	
About 5 to 6 months	Discuss spay or neuter with your vet	
1 year	Booster vaccines	

Caring for orphan kittens

- Keep them warm with a covered hot water bottle and blanket.
- Feed kitten milk replacer (never cow milk) every 2 to 4 hours, as your vet advises.
- After each feed, gently rub the bottom with warm damp cotton to help them pee and poop.
- See a vet as soon as possible.

See a vet the same day if your kitten: stops eating or drinking for 12 to 24 hours, has vomiting or diarrhoea, breathing trouble, is weak or cold, strains in the litter tray without passing urine, or may have eaten something toxic.

For complete cat care, see **The Ultimate Cat Owner's Handbook** by Dr. Vaishnavi Karmawat on Amazon.

This guide is general information for animal owners and farmers and does not replace an examination by a veterinarian. Vaccine schedules and scheme rules can differ by region and change over time; confirm with your vet, local veterinary hospital or official sources. Questions? Visit vetvaishnavi.com/ask-the-vet or email care@vetvaishnavi.com.

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