

Kitten Checklist

A kitten checklist covering first-year milestones, including vet care, vaccinations, growth, and development.

Vet care and vaccinations

- ☐ Keep every scheduled vaccination and booster appointment.
- ☐ Follow your vet's deworming and parasite-prevention plan.
- ☐ Discuss spay or neuter timing for your kitten.
- ☐ Confirm microchip registration is up to date.
- ☐ Track weight and growth at each visit.

Ask your veterinarian what is healthy for your kitten.

- ☐ Important: This is general information, not veterinary advice. Always follow your veterinarian's schedule for vaccinations and health care.

Litter habits

- ☐ Keep the litter box clean and easy for a kitten to reach.
- ☐ Use a kitten-safe litter and a low-sided box.
- ☐ Scoop daily and fully change litter regularly.
- ☐ Add boxes as your kitten grows or in a multi-cat home.
- ☐ Watch for any change in litter habits to mention to the vet.
- ☐ Keep the box away from food and noisy areas.

Socialization and handling

- ☐ Introduce new people and gentle handling positively and gradually.
- ☐ Get your kitten used to paw, ear, and mouth handling for care.
- ☐ Expose your kitten to everyday sounds and the carrier calmly.
- ☐ Arrange safe, supervised meetings with other pets.
- ☐ Reward confidence and never force a nervous kitten.
- ☐ Practice short, calm car rides for future vet trips.

Play and enrichment

- ☐ Schedule daily interactive play to burn energy and build trust.
- ☐ Rotate toys to keep your kitten engaged.
- ☐ Provide a scratching post to protect furniture and claws.
- ☐ Offer perches and safe climbing for exploration.
- ☐ Redirect biting and pouncing from hands to toys.
- ☐ Add puzzle feeders to engage your kitten's mind.

Nutrition and growth

- ☐ Feed an age-appropriate kitten food in measured meals.
 - ☐ Transition foods gradually to avoid stomach upset.
 - ☐ Adjust portions as your kitten grows.
- Confirm amounts with your veterinarian.
- ☐ Provide fresh water at all times.
 - ☐ Limit treats and avoid foods toxic to cats.
 - ☐ Plan the switch to adult food on your vet's timeline.

Grooming and health habits

- ☐ Brush the coat regularly to reduce hairballs and build tolerance.
- ☐ Introduce nail trims and tooth care gently and early.
- ☐ Check ears and eyes and keep them clean.
- ☐ Inspect skin and coat for fleas and irritation.
- ☐ Watch appetite, energy, and litter habits for changes.
- ☐ Keep your kitten warm, hydrated, and well rested.