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.