KITTEN EDITION

The First 100 Days at a Glance

One page to pin somewhere visible: the first weeks with your new kitten, compressed into a single timeline.



Before adoption day

- [ ] One quiet room set up before your kitten arrives, not after
- [ ] Litter box placed away from food and water
- [ ] At least one hiding spot available
- [ ] Resident cats kept separate until a vet visit clears the newcomer
- [ ] First vet appointment booked within the week

The first days

Arrival	Straight into the one quiet room, litter box and water set up
First hours	Let her explore at her own pace. Sit quietly nearby: no chasing, no visitors
Hiding	Many new cats hide for the first few days, sometimes the whole first week. That is normal
Meals	The same food as before, in a quiet spot away from the litter box
Bedtime	Soft bed in the safe room and a toy nearby, with the door open only once she is confident

The first 100 days

Week 1	Safe room, hiding is normal, first vet visit
Weeks 2–4	Gradual room-by-room access; gentle handling practice begins
Weeks 4–8	Daily wand-toy play established; keep new experiences positive
Weeks 8–12	Litter-box routine fully settled; resident-pet introductions progress if you have other pets
Weeks 12–20	Talk to your vet about neutering
Week 20 on	Reinforcement: keep the routine and watch her growth

> **Doctor Agatha's tip:** Many new cats hide at first. Give her a safe room, sit quietly, and let her choose when to come out.

Vaccines and parasite control: ask your vet for the schedule that suits your kitten.

Then keep it going in PetKeep (free app)

Add your kitten, set a reminder for the first vet visit and log the first weight. Everything stays on your phone, no account needed.

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Pawfessors: illustrated guides for new cat and dog owners. Free to print and share with adopters.
Based on guidance from the AAFP, AAHA and ASPCA (full citations in the CAT 101 guide). Not veterinary advice: ask your vet about your own animal.

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