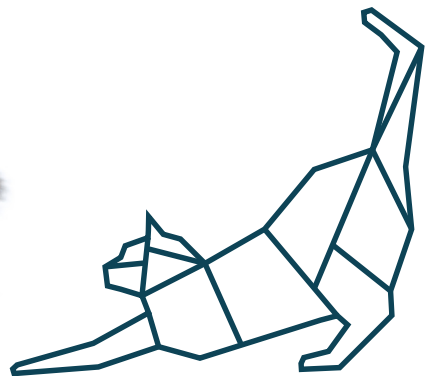




# FELINE WELCOME PACK



“Congratulations on your new kitten, we hope they are settling into their new home well.”





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## YOUR FIRST VISIT

Vaccines, microchipping, neutering, parasite treatment, insurance

## YOUR KITTENS BEHAVIOUR

Help your cat feel more comfortable, socialisation, playing, venturing outdoors, using a cat flap, litter training, introducing kittens to furry companions and multi cat households

## YOUR KITTENS HEALTH

Grooming, oral hygiene, nutrition and body condition scoring



**£16.00**  
a month\*



# EDEN ESSENTIALS HEALTH PLAN

## WHAT'S INCLUDED IN THE ESSENTIALS PACKAGE:

Potential **savings**  
of over **£200** year!

**THE TEAM AT EDEN VETS ARE  
HAPPY TO HELP WITH ANY  
QUESTIONS YOU MAY HAVE  
AND HOW TO SIGN UP.**

*\*Prices Correct at time of print*

|  |   |
|--|---|
| Annual booster vaccinations  | ✓ |
| Two healthy pet checks annually *one at time of vaccination  | ✓ |
| Year round parasite control with options for spot-on or oral treatments (your preference)                  | ✓ |
| Complimentary nurse consultations (including nail clipping, weight and dental clinics) *max 12/year        | ✓ |
| Primary vaccine course only £20 for dogs and £38 for cats if joining the plan at the time                  | ✓ |
| 20% off an annual health screen (includes bloods, urinalysis and blood pressure)                           | ✓ |
| 10% off routine neutering  | ✓ |
| 10% off consultation fees  | ✓ |
| 10% off dental procedures (including x-rays and general anaesthetic)                                       | ✓ |
| 10% off all food purchased from the practice   | ✓ |
| Pay the first two months up front (plus any primary course charge) then the next 10 months by direct debit | ✓ |
| Guaranteed no price increase during the 12 months  | ✓ |



## TOP TIP

To ensure minimal stress when needing to use the cat carrier, we recommend leaving the carrier in your house, open but covered with a blanket so it feels like a safe place. Having access to this should allow them to get comfortable with it and not see it as something unusual

- 1 Encourage your cat to settle on a security blanket



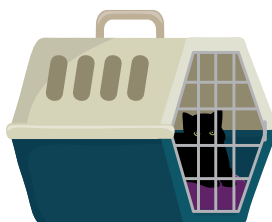
- 2 Put the security blanket in the bottom of the cat carrier



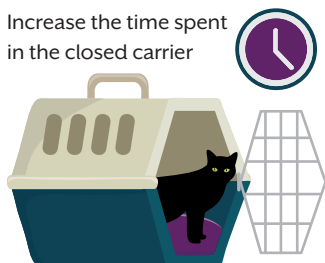
- 3 Add the lid and encourage your cat to settle inside



- 4 Encourage your cat to remain settled with the door closed



- 5 Increase the time spent in the closed carrier



- 6 Travelling in a moving pet carrier



For all things feline we would recommend visiting the ISFM website, here you will find further information on all aspects of caring for your new feline companion.

THE TEAM AT EDEN VETS ARE HAPPY TO HELP WITH ANY QUESTIONS YOU MAY HAVE, PLEASE CONTACT 01270 439289.



## VACCINES

The first vet visit is when your kitten will have a thorough examination by one of our Veterinary Surgeons. At this appointment they will also begin their initial vaccination course providing they are 8-9 weeks of age. The final vaccine is then given 3-4 weeks later at 12 weeks old. One week after this, your kitten will be fully covered for a range of diseases such as Feline Leukemia Virus and Calicivirus. Our Vets will discuss with you at this appointment, the several diseases that we are protecting against depending upon whether your kitten will be indoors or outdoors. We recommend that your kitten is routinely vaccinated every year, this is a one-off vaccine called a 'Booster'.

Coming to the vets can be very scary for your cat, and handling your kitten gently, focusing on their ears, paws, mouth, and legs can be beneficial. This early handling can make their vet visits easier and a more enjoyable experience, ensure to reward your kitten with their favorite treat when they do well.



## TOP TIP

For more information on taking your cat to the vets, see here: [icatcare.org/advice/taking-your-cat-to-the-vet](https://icatcare.org/advice/taking-your-cat-to-the-vet)



## MICROCHIPPING

It is compulsory for all our feline friends to be microchipped. A microchip appears like a grain of rice which when scanned over using a special reader will give a unique identification number linked to your specified details. This tiny implant is placed under the skin between their shoulder blades and once in situ its painless! Owners may like their kitten to wear a collar as this provides an easy means of identification. Please ensure you choose a snap open safety type collar that will allow your cat to escape easily should the collar become caught.

## NEUTERING

Our Vets will discuss neutering with you, which is recommended from 4 months of age. There are some circumstances where neutering maybe recommended to be done earlier such as, a male and female in the same household. Neutering is important to reduce the spread of disease, unwanted pregnancies, and certain health concerns. If you have any questions regarding neutering your kitten, then please speak to our vets or nurses.

## PARASITE TREATMENT

Regular flea and worming treatment is advised even in young kittens that don't have access to the outdoors yet, this is because almost every kitten is exposed to roundworm from their mothers milk. Our vets will prescribe a suitable parasite treatment for your kitten based on age, weight, type of infection and ease of use.

## INSURANCE

Insurance is recommended for your kitten to help cover the costs of unexpected expenses related to injury or illness. We advise a lifetime policy which is lifelong, ongoing cover that will keep the same policy throughout your pets life. Please ensure when taking out a policy with the chosen provider that this will be suitable for you financially and your pet, as changing insurers can leave pre-existing conditions void.

# YOUR KITTENS BEHAVIOUR

Due to our ISFM Gold Certificate we follow specific guidelines to ensure stress-free vet visits. You can help by following our top tips for travelling to us:

## STAY CALM

Like most animals, cats can sense our anxiety therefore may become fearful and nervous.

## HELP YOUR CAT FEEL MORE COMFORTABLE

Use a soft cloth around your cat's face to pick up their scent and wipe this over the carrier, then leave it in the carrier.

## FAMILIAR BEDDING

Take some familiar bedding (that smells of home) to the practice in case your cat is sick or urinates in the carrier.

## BEING COMFORTABLE IN THEIR CARRIER

Place a towel over the carrier to prevent your cat from being able to see out. This may potentially cause more stress by the sight of other cats and dogs at the veterinary practice. We do not recommend wire baskets for this reason.

## CARRIER SMELLS FAMILIAR

Your cat will be more relaxed if the carrier smells familiar therefore, should be 'part of the furniture' at home.

## SPRAY WITH A PHEROMONE

Spray the carrier with pheromone such as Feliway at least 15 minutes before your cat enters the carrier.



## WE ADVISE THAT YOU DON'T USE...

### BACKPACK CARRIERS

- Limited Space
- Create unsteady movement
- Leave cat visually exposed
- Poor ventilation



### FABRIC CARRIERS

- Hard to clean
- Can collapse when opened causing distress



### TETHERED HARNESS

- Not a safe means of transport



## SOCIALISATION

It's crucial in the first weeks and months in their new home your kitten is able to encounter all sorts of situations and that they enjoy them all. Always allow the kitten to choose whether to approach or retreat and monitoring it to ensure it is calm and relaxed. Pair new things with good things, for example food or treats, play or stroking (if your kitten enjoys that). There is plenty to do in helping your kitten feel really comfortable and positive about new things in its world. We recommend playing recorded sounds, initially at a low volume, of children or babies, vacuum cleaners, telephones and washing machines, whilst doing something they enjoy. Start slowly and gently with a variety of sights, sounds, scents and interactions.

When playing with your new kitten, it's important to reinforce basic manners. Discourage them from scratching and biting as with age this could cause more damage. Try to encourage play with toys rather than your hands. If you have younger children, ensure to teach them to be gentle with them as even they will be much bigger than your new kitten.

## PLAYING

It is also vital that your kitten is able to express their normal behaviour as this is key to their development. Providing toys to scratch and hunt will allow them to do this.

**Kicking toys** - such as a stuffed toy are fun for cats that like to take toys with their back legs while grabbing them while grabbing them .

**Wand toys** - on the end of a stick or a stick that has a feather or small item on the end are an easy way to keep the kitten moving and maintain their attention. Such toys are interactive, they are a great way at preventing kittens from swiping or biting at hands.

**Gentle Noises** - (for example, a tinkling bell, or a crackly centre, firmly concealed in a toy) is also fun for them. Take care not to alarm cats with louder noises.

**Puzzle Feeders** are designed to be filled with cat food and can provide amusement and exercise for inquisitive kittens' bodies and minds.

**Scratch Posts** come in all shapes and sizes and are an essential addition to your home. They often include upright wooden posts covered with thick sisal twine or carpet together with platforms, beds, hiding boxes and dangling toys for the more energetic individuals. Scratching posts can be free-standing or designed to fix to a wall or floor.



## VENTURING OUTDOORS

Many owners will want their kitten to eventually go outside. You will need to ensure they have been neutered, microchipped, and completed their vaccination course.



### TOP TIP

For advice on letting them out for the first time, please visit: <https://icatcare.org/advice/letting-your-cat-kitten-outside-for-the-first-time>



## USING A CAT FLAP

Cat flaps are ideal to let your cat come and go as they please. There are various types to suit different cats. Some are triggered by a microchip, preventing cats that don't live in the home from venturing in there, while others have in-built infra-red locking systems.



### TOP TIP

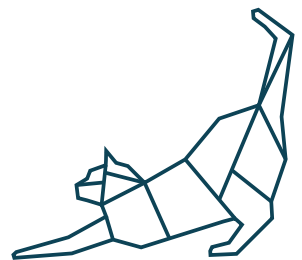
For tips on teaching your cat to use a cat flap: <https://icatcare.org/advice/cat-flaps>



## LITTER TRAINING

Kittens learn where to toilet very quickly. They will often have learnt this from their mother, and you simply need to provide the litter tray and litter in an easily accessible place and they will automatically use it. If your kitten seems unsure of where the tray is, is having toileting accidents or is toileting in an inappropriate location, place it in the tray from time to time (usually after feeding or waking up). Cats do not like using soiled litter trays, which may cause them to avoid their tray.

- Cats need an adequately sized tray so they can move around. (Ideally one and half times the length of the cat from nose to base of tail)
- Many adult-sized trays have high sides and initially your kitten may need a lower sided tray to make getting in and out of it easier.
- You may want to use the same type of litter as the kitten was using previously with the breeder as it will recognise what it is for.
- Make sure the litter is deep enough to dig in — about 3 cm deep is ideal.
- Avoid scented litters as they can be off putting for the kitten, as can litter types which are hard or sharp underfoot.
- Avoid disposable litter tray liners, as well as 'self-cleaning' or automated litter trays, which may upset your kitten.
- As the kitten grows it may need a larger litter tray and you may want to change the litter.





## INTRODUCING KITTENS TO FURRY COMPANIONS

Cats are usually solitary animals but can live with other cats if a slow introduction is done.



### TOP TIP

See below for introducing your kitten to an existing cat: <https://icatcare.org/advice/introducing-an-adult-cat-to-your-cat>



Introducing your kitten to a canine companion: <https://icatcare.org/advice/introducing-a-cat-or-kitten-to-your-dog>



Not forgetting human companions: <https://icatcare.org/advice/introducing-cats-and-children>.



## MULTI CAT HOUSEHOLDS

The general rule for multi-cat households is the 'plus one' rule. This means for every one cat you have you should have one water bowl, a litter tray, and a sleeping area plus a spare.

### TO MAINTAIN A HAPPY MULTI-CAT HOUSEHOLD THERE ARE A FEW THINGS WE ADVISE:

**Availability/accessibility of resources:** - this relates to the plus one rule.

**Feeding areas:** Cats are solitary hunters and feeders. Offer food to graze on so that they can choose when to eat. Position bowls to allow your cat to face any direction.

**Drinking:** Your cat will prefer to drink away from feeding areas and other cats. Please choose their locations appropriately. We also recommend ceramic bowls for cats.

**Toileting:** Cats will toilet when and where they feel safe, away from feeding and hunting areas.

**High resting places:** High perches are used as part of avoidance strategy and cats will gravitate towards high places when threatened.

**Private areas:** Cats need 'time out' from each other and from humans too. This is usually a dark, warm place that they perceive as safe.

**Beds:** Cats need somewhere safe to rest, free from danger and interference, preferably off the ground, warm and free from draughts.

**Scratch Post:** These will provide a visual and olfactory mark, as a means of territorial communication.

Here are some tips on how to make this work:

<https://icatcare.org/advice/multi-cat-households>



## GROOMING

Grooming can be a very bonding experience for you and your kitten. Most cats enjoy being groomed, providing a gradual introduction has been done. In long haired kittens its essential to keep their coat clean and matt free.



### TOP TIP

For more information and tips on introducing grooming, please visit: <https://icatcare.org/top-tip-how-to-groom/>



## ORAL HYGIENE

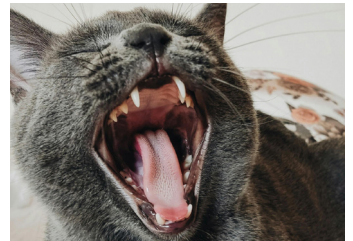
Alongside introducing grooming, brushing your cats teeth is equally as important. Toothbrushing is the most effective way to reduce plaque and tartar formation. It also helps promote a healthy mouth. We advise daily brushing wherever possible; although in a kitten their baby teeth will still be in place, it is still important to get them used to it whilst they're young.

We recommend Purina Dental Life treats for your cat, these will reduce tartar buildup. They have a 'VOHC' certification meaning that they have been scientifically proven to work. Due to their size, you might want to introduce these as your kitten grows.



### TOP TIP

For more information on introducing toothbrushing, please visit: <https://icatcare.org/advice/how-to-brush-your-cats-teeth/>



## NUTRITION

We recommend a complete feline diet which is age appropriate. Feeding a high-quality cat food specifically designed for the life stage of your cat can have enormous benefits. Always feed the recommended daily amount of food for your kittens weight- this can be found on the back of the food packaging or manufacturers website. To ensure your kitten is having the correct amount of food, weigh their meals out daily using kitchen scales. Both wet and dry foods are appropriate for your kitten and many owners choose to feed a mixture of both. Wet food can help increase overall water intake

## WATER

Fresh water should always be available, cats enjoy water fountains!

## TREATS

Treats such as Dreamies and Lick e Lix are enjoyed by most cats but must be given in moderation.



## TOP TIP - FEEDING GUIDE

We advise a feeding regime as below:

8-12 weeks: 4 Meals Daily

12-20 weeks: 3 Meals Daily

20+weeks: 2 Meals Daily



Ideal Weight



Over Weight



Obese

## BODY CONDITION SCORING

To keep your kittens body condition perfect throughout their life, we recommend carrying out a 'Body Condition Score' at home. Checking your pets shape regularly will help you know if your cat is a healthy weight or requires weight loss. It entails running your hands (and eyes) over their body to check their shape and rating on the 9-point body condition scale.



## TOP TIP - HOW TO DO A CONDITION SCORE

- 1 Run your hands along your cat's sides. The skin should move freely over the ribs, which you should be able to feel with a light touch.
- 2 Run your hands along your cat's back. You should be able to feel the spine and hipbones under the skin without being able to see them.
- 3 Gently feel the base of your cat's tail. There shouldn't be a build-up of fat.
- 4 Feel under your cat's tummy. It should go in, not bulge out.
- 5 Look at your cat from the side and from above. You should be able to see a waist. If not your cat is over weight.



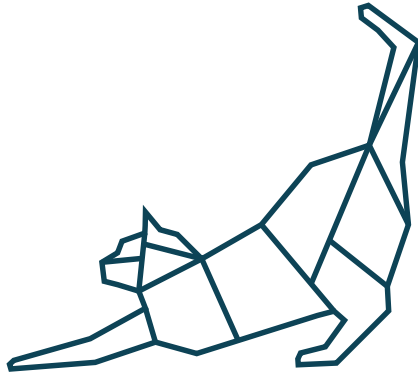
TOO THIN

THIN

IDEAL

OVERWEIGHT

OBESE



[www.eden-vets.co.uk](http://www.eden-vets.co.uk)

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