

CAT AND KITTEN HEALTH CHECKS AND OPTIONS:

What to observe....

Teeth and dental hygiene – Gum health, tartar build-up, bad breath, reluctance to chew food.

Stools – Should be well formed, no straining.

Urine – Inappropriate urination, inability to urinate. Blood in urine. Straining. Provide one litter tray per cat plus one extra per household. Change daily.

Skin – Watch for dull/dry coat, missing fur, scabbing, dandruff.

Ears – Should be clean, no odour, no discharge.

Eyes – Bright, alert, no discharge.

Thirst – Cats on real food diet require less liquid intake, but always ensure fresh unchlorinated water is always available.

Grooming – Watch for change in habits in long haired and elderly cats. Ensure regular brushing to keep matting to a minimum. Keep nails trimmed if necessary.

Play - Provide safe toys.

Socialisation – Well handled, able to check ears, eyes, mouth, paws.

Signs of stress – Excessive grooming, inappropriate urination.

Vaccinations – We offer a choice of homeopathic nosodes.

Flea Control – Flea comb daily. Itching and scratching is not necessarily fleas, consider food allergies first.

Worming – Use chemical-free wormers on a regular basis to protect both pet and family.



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FEEDING AND CARE FOR CATS AND KITTENS



The inside of your home is your cat's den where your cat should feel safe & secure. There should be plenty of space, ideally more than one room. Vertical space is also highly desirable, so provide cat trees, preferably with hiding spots, cat perches and shelves. Cats love 'lookout' areas (vantage points). Scratching is normal behaviour so give them scratching posts and you can place catnip or toys near the scratch posts. Studies show cats play best with toys that interact with owners. Cats are selective with catnip and young kittens may avoid it altogether.

"What greater gift than the love of a cat"

FEEDING FACTS FOR CATS & KITTENS:

At 8 weeks of age feed 3 to 4 x daily, at 6 months feed 2 x day.

All cats require good fluid intake (fresh chlorine-free water available at all times).

Dried food (no matter what variety) dehydrates, leading to renal problems, dental decay and many other premature-ageing diseases. Canned and pouched kitten/cat food is high in preservatives.

High grain-content foods can contribute to diabetes in cats.

Keep food organic and fresh. It is an investment in the health and life of your cat.

Note that no quantities are given – every cat is different and you will have to gauge their needs. Just remember when changing from dried or canned food to real food you need LESS of it. You will now only pay for food, not poop. Everyone notices the difference!

Some cats cannot tolerate mixing dried and raw food when changing diet, so if your cat is finding it difficult to transition ask about our Transition Programme. No food to be left down all day – leave for a maximum of 15 minutes. Feed 90% meat, 10% vegetables and other.



Meat and Bones - Must be fed raw. Choose appropriate size for your cat/kitten and always supervise feeding. Chicken necks, rabbit portions, minced raw rabbit or veal, beef heart, minced chicken, ensure regular intake of offal meats eg.liver, heart, kidney.

Fish - Canned (in spring water only) or fresh without bones. May be cooked (not all cats like fish). Do not feed an all-fish diet – see Taurine note below.

Vegetables – Cooked and mashed – kumara, greens, broccoli, carrots, pumpkin or tsp organic baby food vegetables. Can add live protein such as goats milk, egg, cottage cheese. Variety is important.

As your kitten becomes older an uncooked chicken neck can be added for chewing - always supervise.

Other foods to feed include raw eggs, baby food vegetables if possible or TukkaThyme Nature's Mix for minerals/vitamins/trace elements.

Taurine and Arginine - Cats must have these Amino Acids in their diet as they are unable to synthesise their own. Normally they would obtain them in a prey diet of rabbits, mice, insects etc. Taurine sources: Red meat, poultry, esp.hearts & livers; eggs, shellfish & fish. Arginine sources: Meat, fish, liver, heart, dairy.

Additives - Flee Flea powder daily provides dolomite (assists bone growth), sulphur (internal cleanser), garlic (antimicrobial), and kelp.

The Tissue Salts Calc Fluor and Calc Phos ensure adequate uptake of minerals for bone growth in kittens.

The Elderly Cat

Feed as for adult cat, but increase live protein ration in daily protein intake. Ensure food is fresh, not cold, has good flavour, moist meals, maintain bone intake, adequate fluids. Picky eaters are usually feeding on dried or processed food so may have dental issues. Monitor changes in eating and drinking habits.

YOUR CAT'S MILESTONES

Weaning time: 6-8 weeks

New Home time: 8-10 weeks

Teething: starts 12 weeks, ends 7 months

Sexual Maturity: 5-6 months

De-sexing: 5½-6 months

What we can do to help your cat

We provide chemical and drug-free choices in healthcare using naturopathy, nutritional products, Bach Flowers and our extensive homeopathic and herbal dispensary.

We can assist in the treatment of incontinence, stress and stress-related ailments, dental hygiene, skin problems, hyperthyroidism and other endocrine disorders and elderly support.

We also offer alternatives to vaccinations and worming.