

## CAT AND KITTEN HEALTH CHECKS

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

**Furballs** – mainly a problem in cats fed dry food.. Ask us for an easy solution.

**Stools** – Should be well formed, no straining.

**Urine** – Any 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 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. Natural flea control – see NATPET

**Worming** – Use chemical-free wormers on a regular basis to protect both pet and family. See our NATPET range



*Every cat is an individual and deserves to be treated as such*

### Our naturopathic services for your cat:

- Homeopathy
- Herbal Medicine
- Bach Flowers
- Tissue Salts
- NATPET animal remedies
- Bioptron Light Therapy
- Nutritional Advice

## ANIMAL NATUROPATH

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 @AnimalNaturalHealth

**Visit our website for NatPet remedies for your feline**

**[www.natpet.co.nz](http://www.natpet.co.nz)**

## FEEDING AND CARE FOR CATS AND KITTENS



### Your cat's den is the inside of your house – Make it feel safe & secure

- Provide vertical space – cat trees, shelves, hiding spots
- Cats love 'lookout' areas (vantage points)
- Scratching is normal behaviour – provide scratching posts
- Cats are individualists – solitary hunters in the wild – they don't share their feeding area
- Catnip is a selective preference – not for all cats or kittens.

*"Cats are connoisseurs of comfort."*

– James Herriot

**[www.natpet.co.nz](http://www.natpet.co.nz)**

## 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.
- Cats need a little grain in their food. (mice eat grain!) Keep food organic and fresh. It is an investment in the health and life of your cat.
- No food to be left down all day – leave for a maximum of 15 minutes.
- 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.
- Always feed food warm.
- Never mix dried and raw food when changing diet. If your cat is finding it difficult to transition ask about our Transition Programme. Feed 90% meat, 10% vegetables and other.



## PROTEIN SOURCES

**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 small 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.

Your cat may also like cottage cheese, eggs.

**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.

Other foods to feed include raw eggs. Organic baby food vegetable & meat combinations in sachets in the supermarket can be very useful especially when feeding young kittens.

**Treats** – never buy coated treats.. Read the labels – you may be unpleasantly surprised at the ‘additives’ in them!

**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, especially 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.

Apple Cider Vinegar – ¼ tsp once a week.

## THE ELDERLY CAT

Feed as for adult cat, but increase live protein ration in daily protein intake. Ensure food is fresh, warm has good flavour, moist meals, maintain bone intake, adequate fluids. The older cat often prefers meat slightly cooked and in smaller servings.

### Picky Eaters:

Picky eaters are usually being fed dried or processed food with raw meat. This sets the gut up for irritation as these foods are processed differently in the gut.

Check gum health and tartar build-up on a regular basis. Watch for breath odour – this could be worms, gastric irritation (dried kibble can cause this), or 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 (the later the better)

### Normal Body Functions

- 20-25 breaths per minute
- Body Temperature – up to 39.4° C
- Pulse rate – 110-170
- Sweat – only on paw pads when frightened, ill or excited

