


ROYAL CANIN.

Kitten Care Guide



The essentials for a good start in life



As a new kitten owner there are so many things to consider, such as choosing the right food and how to keep your kitten in optimal health. To help you navigate the joys of raising a kitten, we are delighted to offer you this guide, packed with valuable information to help get you and your new kitten off to a great start together.

For 45 years, breeders, owners and veterinarians throughout the world have relied on Royal Canin for nutritional expertise. Created by a veterinarian, Royal Canin is renowned for knowledge and respect for cats. Hundreds of scientists and professionals from diverse fields are involved in our research and development programs, resulting in innovative nutritional answers aimed at enhancing the health and longevity of your cat.

Congratulations on the addition of a kitten to your home. Rest assured that you can trust Royal Canin to provide the best health nutrition available to get your new kitten off to a great start toward a long and healthy life.

Enjoy the wonderful pleasures your new kitten will bring.



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Care

Preparing for Your New Kitten

While this is an exciting time for you, it can be a rather frightening time of adjustment for your new kitten. The kitten will be leaving the security of their mother and littermates and experiencing a multitude of new sights, sounds and smells.

To help you with this exciting transition, the team at Royal Canin has gathered helpful information to assist in introducing your new kitten to their new home.

Choosing a Veterinarian

It is important to have an initial checkup after obtaining your kitten and for follow-up care, so choosing a veterinarian before your new kitten comes home can save time. If you don't have a veterinarian, friends or family members with pets can make recommendations.

Here are a few tips for helping you choose a vet, if you are unable to keep the kitten's original veterinarian.

Preference

Meet the veterinarian and see the facilities. The veterinary staff should be friendly and helpful. The veterinarian must be trustworthy and have expertise in dealing with cats.

Proximity

Choose a veterinarian's office that is close to your home. This is not only an issue of your convenience, but will allow you to get there quickly in case of an emergency.

Hours

In the first few months, you will be visiting the veterinarian often, so it is important to make sure your vet's hours of operation coincide with your schedule. Many veterinarians have extended evening or weekend hours to accommodate work schedules.

Emergencies

Many veterinarians refer to after-hours emergency clinics. Ask if the veterinarian answers after-hours emergency calls, or refers emergencies to a local clinic. If the vet refers to a clinic for after-hours emergencies, be sure to ask where the emergency clinic is located.

- Schedule a veterinary visit soon after getting your kitten
- Keep emergency veterinary hospital numbers handy
- Trust Royal Canin to provide nutrition for your pet's needs

Making Your Home Safe

- Hide electrical wires and block unused outlets
- Limit access to balconies and decks
- Put away pesticides and medications

Taken away from their mother, brothers and sisters, your kitten will feel very lonely once you bring them home. To try and relieve this complete change, it is essential that you are ready to welcome your kitten into their new family.

Dangers in the Home

Without realizing it, there are many dangers that exist inside your home, and oversights can jeopardize your kitten's safety. New habits and certain arrangements will help you to protect your kitten from possible household accidents. By kitten-proofing now, you can avoid a lot of heartache later.

Just as you would with a baby, you need to make sure the whole house is safe from anything dangerous to the kitten. By getting down at the kitten's level you can assess potential hazards.

Hide any exposed electrical wires and block unused electric outlets. Put all pesticides, weed and rat killers and all medications out of the kitten's reach. Put away small items such as rubber bands, pens, pencils, needles, etc. Don't leave plastic bags or things made out of foam lying around. Close the trash can lid and the toilet seat cover. Be careful with hot irons.

Remove all indoor plants that are in reach of your new kitten as many household plants are toxic to cats. Check under the First Aid tab of this booklet and ask your veterinarian for a list of poisonous substances.

Kittens have a tendency to lurk in cupboards, drawers and laundry baskets, and very often get inside washing machines and dryers. Look for possible hiding places to minimize the risk of accidents. Watch where you walk and take care to make sure your kitten is not in the doorway when you shut doors.



Kitten's First Things

Basic Equipment Needed Before Kitten's Arrival

It's a good idea to have all the necessary items *before* the kitten is brought home. Your list should include food, feeding bowls, a litter box, a bed and toys. All of these accessories are available in pet supply stores:

Food and Water Bowls

Choose a small bowl for dry kitten food (an adult cat only eats four to six ounces of food per day) and a bigger one for fresh water, which must always be available. Glass, crystal or ceramic bowls are recommended.

Litter Box

Select a container that is deep enough and a scoop to remove droppings. A covered litter box to avoid accidental spills and limit odors is recommended, however, some kittens do not like covered litter boxes.

Bedding

The kitten will choose their own place to sleep, but it is important to provide a warm comfortable place where the kitten will feel safe (you may want to use the carrying crate you used to bring the kitten home).

- Be prepared with necessary items before you bring the kitten home
- Use glass, crystal or ceramic bowls for food and water
- Avoid handling the kitten excessively

Scratching Post

Providing appropriate places to scratch will help to avoid damage inside your home.

Cat Tree

Kittens love to climb up high and twist around between two branches. A cat tree helps to limit excessive rushing about and jumping on furniture while still allowing the kitten to satisfy the need for exercise.

Toys

Toys can be either bought or hand made.

Remember that your kitten has just been brought into totally unknown surroundings. Curb your enthusiasm, move gently and don't shout. Avoid handling the kitten excessively. A noisy or agitated atmosphere could cause your kitten to be a nervous and fearful adult.



At Home Together

- You are responsible for your kitten's safety
- Supervise the kitten's introduction to other pets in the household
- Total acceptance by the other animals in the house may take several months

You are now responsible for your kitten's safety. You have taken the place of the mother and now the kitten will rely on you for confidence and protection. Take good care of your kitten, as you are now responsible for proper growth and health.

Your Kitten's First Nights

The first night is often very disturbing for your kitten. It is normal for the kitten to cry the first three to four nights.

Handling Your Kitten

Remember to handle your kitten carefully. Rough or sudden movement can terrify your pet.

If you want to carry your kitten, the best way is to slide one hand, open wide, under the stomach with the other under the rear end for bigger breeds. Do not slide both hands under the front feet.



Introductions

Introducing the new environment, new family members and possible fellow pets (dogs and/or cats already living in your household) is a very important stage in successfully integrating your kitten into their new home. A poor introduction could cause a feeling of frustration and/or jealousy for your existing pet(s). This must take place gradually and gently. You can take certain precautions and make subtle changes to protect your new kitten from "accidents waiting to happen" inside your home.

Isolate the kitten so that they gradually learn the way about the house and don't hide under furniture. Maintain your existing pet's (dog and/or cat) privileges, but make introductions soon after your kitten arrives home so that they can be properly integrated into the household.

Other Cats

An adult cat does not really appreciate invasion of their territory. They will show displeasure with threatening behavior. Total acceptance may take several months.

During the introduction, do not allow any aggression. Try introducing the cats on neutral territory during play or meal times. Repeat the process until the cats no longer mind each other's presence and begin to share. A hierarchical relationship will then be established between the cats, a relationship that you must respect.

Dogs

A well-socialized dog will easily accept the young kitten. Older dogs may be less tolerant, but a small scratch from your kitten will soon make the dog less aggressive and integration will generally take place quickly and without major problems.

Children

Children often tend to almost smother the new arrival with attention. An adult cat is perfectly capable of avoiding children when they don't want to be bothered, but a kitten is not. You should explain to your children that the kitten is not a toy, that they need lots of sleep and that it is absolutely forbidden to wake the kitten just to cuddle or play. It is best not to allow young children to play with the kitten when you are not present. Your supervision will ensure the child is gentle with the kitten and aid in avoiding scratches.

- An adult should always be present when children play with the kitten
- Take care to keep your new kitten from becoming scared or injured
- Never pull the kitten's tail or head



Kitten Grooming

- Kittens groom themselves with their tongues and paws
- People groom kittens with brushes and combs
- Brush in the direction of hair growth and then against it

Along with sleep, grooming is one of the kitten's top priorities. Kittens will start to groom themselves from the fifteenth day of life, mainly with their particularly rough tongue, but also with the help of their paws. The front paws are moistened with the tongue and serve as a washcloth going as far as the ears. The back paws are very flexible, allowing the kitten to groom all of their back and also the ears.

Brushing and Combing Your Kitten

Grooming your kitten will soon become a treasured time of exchange and sharing between you and your kitten. In addition, a beautiful coat is very much appreciated by the kitten and reflects not only their good health but also the care and attention you give to them.



You must get your kitten used to being brushed as soon as possible. This ritual will quickly become a time of shared pleasure and companionship. It is a good idea to end the brushing session with a cuddle or a game.

Brushing is not just a luxury; it's a necessity. Removing the dead hair that accumulates in the fur prevents your kitten from swallowing it. Too much licking can cause hair to build up in the stomach resulting in problematic hairballs. Hairballs can cause digestive problems like vomiting and diarrhea which can be harmful to the kitten's growth.

Hairballs

Some adult cats require a specially formulated diet to promote a healthy digestive transit and expel hairballs. The regurgitation of hairballs is an essential physiological phenomenon and should not be confused with vomiting caused by food.

Short-Haired Breeds

With short-haired cats, a weekly brushing is sufficient. Before brushing, you can massage against the hair direction with a "toothed" glove, which will eliminate dead hair and stimulate the skin. Brushing is done with a soft brush, preferably one with natural bristles so as not to damage the coat.

Mid to Long-Haired Breeds And Persians

Mid to long-haired breeds need daily brushing for a few minutes to avoid the formation of knots and tangles and to eliminate dirt and parasites. A large toothed metal comb is the most suitable tool for grooming these breeds. Be careful with the comb. A comb penetrates the coat better than a brush but there is a greater risk of irritating the surface of the skin. Choose your comb carefully.

You must always comb your kitten in the direction of their hair and then against their hair so as to gently remove dead hair and eliminate small knots. When a knot is difficult, act gently and patiently rather than pulling hard and tearing out a tuft.

Areas behind the ears and neck are prone to forming knots and require special attention because the kitten isn't able to reach those areas themselves. You should finish the grooming with the tail, brushing along its length (with the hair and against the hair) for maximum volume.

- Short-haired breeds include: *Abyssinian, American Shorthair, Burmese, Chartreux, Cornish Rex, Japanese Bobtail, Manx*

- Long-haired breeds include: *Balinese, Maine Coon, Persian, Ragdoll, Turkish Angora*

- Areas behind the ears and neck are the most prone to knots and tangles



Kitten Hygiene

- Get your kitten used to taking baths
- Avoid wetting the head
- Use only shampoo made for cats
- Do not use hair dyes to color your kitten's coat

Giving the First Bath

The first bath should be a pleasant experience. Take extreme caution not to frighten your kitten. Begin by moistening the kitten with a warm, wet washcloth or sponge. If they react with hostility, reassure the kitten and repeat this action until the kitten accepts it. Rinse them thoroughly.



Not all cat breeds have the same tolerance for water. Because bathing is necessary for medium and long-haired coats, you must get your kitten used to water at an early age.

After filling the bottom of the bathtub or sink with water at 96-98° F, place your kitten in it while reassuring them by stroking and talking to them. Then wet the back, making sure that you don't pour water into the eyes or ears. Avoid wetting the head. It is important to use a special cat shampoo formulated for your kitten's skin and hair (available in Pet supply stores). Never use hair dye on your kitten's fur.

Wash their coat, concentrating on the dirty parts and rinse thoroughly with clean water. It is imperative that all shampoo be rinsed from the coat. Towel dry with a warm, clean cloth and, depending on your kitten's hair length, you might want to use a hair dryer to finish drying.

Caring for Claws and Teeth

Clipping Your Kitten's Claws

Kittens use their claws to mark their territory. To avoid the damage that this can cause, without prohibiting their natural instincts, it is recommended that you cut or have your veterinarian cut the tips of the claws.

Before doing this yourself, ask your veterinarian to explain which part of the nail you can cut without risk.

Clipping the claws is not painful for the kitten, but it is very important that you begin this practice at an early age, so the kitten will trust and allow you to do so.

Your veterinarian can show you the best way to trim your kitten's claws.

Caring for Your Kitten's Teeth

Milk teeth appear from the third to sixth week, second teeth from four months. Tartar tends to build up on the teeth over time causing inflammation of the gums and bad breath, which in extreme cases can lead to the teeth falling out. If these symptoms occur, consult your veterinarian.

Early dental care is key to maintaining good oral health. Getting the kitten used to regular tooth brushing and oral care at an early age ensures acceptance.



- Clipping the claws is not painful for the kitten
- Begin dental care early
- Schedule tartar to be removed by your veterinarian if necessary



Nutrition
for Health

Nutrition

Nutrition

The Science of Nutrition

Your kitten's health matters. At Royal Canin, we believe that it is our true knowledge of the cat that allows us to bring them a superior food. Each cat has individual needs — because of their age, lifestyle, specific sensitivities and breed — and therefore requires special nutrition in order to stay at peak health.

Advances in Our Understanding of Nutritional Health

From mere *survival*, which is giving the minimum required for the cat to stay alive, the concept of the complete diet was developed to provide the maintenance of a healthy, active lifestyle. Thanks to our increasing knowledge of how the body functions and to the study of the health benefits of individual nutrients (plant extracts, minerals, unique proteins, etc.), we have now moved on to the concept of *nutrition*, which is providing an optimal balance of nutrients to maximize the cat's ability to utilize food for energy, cell growth, maintenance and defense against disease.

Superior Nutrition

Our research and knowledge has enabled us to provide the most precise nutritional answer for cats through:

- Formulas that take into account the cat's lifestyle and their energetic needs with precision
- The most palatable formulas available
- High-quality ingredients selected with utmost care
- Highly digestible formulas



This Kitten Care Guide contains excerpts from *Everything you need to know about the role played by Nutrients in the health of Cats and Dogs*, D. Grandjean, a comprehensive nutritional information book reviewing the necessary food elements required for the health nutrition of dogs and cats. The author, Professor Dominique Grandjean, is the director of the Sports and Breeding Medicine Unit at the National School of Veterinary Science in Alfort, France.

Why Cats Are Different

- Feline nutritional needs vary according to age, condition, lifestyle and even breed
- Cow's milk is not suitable for cats
- 10,000 years of evolution hasn't changed these meat eaters into veggie lovers
- Cats eat their food in small portions throughout the day
- Do not feed your cat as you would feed yourself. Human food is not an appropriate diet for a cat



Royal Canin has identified a cat's nutritional needs not only according to age, but also according to lifestyle, sensitivity and even breed (Persians, Maine Coons, and Siamese, for instance). Thanks to constant new developments in scientific knowledge, the traditional concept of nutrition has been expanded to include preventive and sometimes curative properties.

People haven't always known how to feed their cats correctly. We've come a long way since the cruel time when cats had to drink milk, which was never appropriate for these lactose intolerant animals. But our cats face another threat: the anthropomorphist tendency. Anthropomorphism means projecting human characteristics (including our own eating preferences) onto our pets, but the food we enjoy just isn't appropriate to feed to our cats.

Our fondness for our cats can sometimes lead us to make poor nutritional choices on their behalf. Those foods that we consider treats may actually harm our feline companions.

Human beings are omnivorous, have a sense of taste, enjoy variety and attach a lot of attention to their food. It seems quite natural to think we are doing the right thing by giving our cat a diet close to ours.

Cats are carnivorous, have a weak sense of taste and don't require much variety in their diet. Nearly 10,000 years of domestication hasn't changed them into omnivores. A carnivore's organs are very different from our own. A cat's characteristics include:

- Jaws made for cutting and not chewing
- No pre-digestion with saliva
- Strong stomach acid to help digest prey swallowed whole

Originally very active, cats draw their energy from fat and have no so-called "cholesterol" problem, but if we don't provide a suitable diet, cats can suffer from obesity (and its consequences involving the heart, joints and diabetes).

It is impossible to feed our cats adequately with the same food we eat. It won't be cooked enough, it will be too rich in carbohydrates, and will be ill-suited to their lifestyle and morphology. Our love for our cats must not involve forcing unnatural dietary behavior upon them.

Digestion and Taste

While a newborn kitten has a digestive tract suited to the digestion of milk, their digestive capacities will evolve until they can no longer digest lactose (milk sugar). For proper growth, they must receive balanced quantities of proteins, fat, carbohydrates, vitamins, minerals and trace elements in the form of a type of food that suits the physiological and digestive characteristics of felines.

With 60 to 65 million olfactory cells, a cat's sense of smell is acute, and they are very sensitive to odors, but their sense of taste is not so well-developed. Fewer taste buds mean that a cat is less receptive to taste than to smell and texture. Due to the low awareness of different flavors, a cat does not require much variety in their food.

- Kittens can digest milk, but adult cats are lactose intolerant
- Cats have fewer taste buds than dogs and people
- Cats do not require much variety in their food

	Taste Buds	Olfactory Cells	Weight Ratio of Digestive System
Cat	500	60-65 million	2.8% - 3.5%
Dog	1,700	70-200 million	2.7% - 7%
Man	9,000	5-20 million	10%
What this means for your kitten:	They are fairly insensitive to different tastes.	They are very sensitive to odors.	They have a low digestive capacity.

Optimal Palatability

To feed your cat correctly you must first stimulate their appetite. It is the smell and texture of the food, rather than its taste, that makes them decide whether to eat.

We have paid special attention to the palatability of our foods by exercising complete control over a range of factors, including:

- A formulation using rigorously selected ingredients
- Precisely designed kibble textures, shapes and sizes
- Thoroughly developed flavors
- Perfect preservation

Because of our recognized expertise in palatability, the foods in the Feline Health Nutrition range make the difference with even the fussiest of cats.



- Correct feline nutrition may aid in preventing disease, slowing degenerative processes and improving a cat's quality of life
- The terms "neutraceutical" and "health nutrition" are sometimes used to describe nutrients that are not essential to life, but that improve an animal's well-being

Two Approaches

We are specialists in the field of health nutrition and take into consideration the characteristics of cats requiring a tailored nutritional approach. Our passion for increased nutritional precision has led to collaborations with breeders, veterinarians and nutritionists. Our approach is supported by the knowledge and expertise of scientists around the world.

Our Nutritional Approach

Choosing a nutritional approach means combining in a single food a complex jigsaw of just the right amount of about fifty nutrients needed to satisfy the four nutritional objectives. Royal Canin uses this approach to develop different foods formulated specifically to meet the real needs of your cat.

The Ingredients Approach

The ingredients approach consists of mixing together raw dietary materials to make a food with no consideration for a balanced nutritional content. This approach is less accurate and therefore less respectful of the cats' needs.

The Four Objectives of Feline Nutrition

Nutrition

1 Development and Maintenance

Nutritional needs for the development and maintenance of the body require certain amino and fatty acids, minerals, vitamins and trace elements.

2 Energy Provision

Cats are dependent on proteins, lipids and carbohydrates for their energy metabolism.

Health Nutrition

3 Nourishment and Prevention

Some nutrients are added to the ration (antioxidants, prebiotics, fiber, essential fatty acids, etc.) to prevent the risk of kidney disease and digestive problems and to fight the effects of aging.

4 Nourishment and Recovery

Certain nutrients are added and others limited to support the therapeutic process and help cats recover from illness and a number of ailments.



Feeding Guidelines

Growth is a delicate period affecting the well being and good health of the adult cat. Many factors influence growth, and good nutrition plays a major role.

Food for the kitten and for the adult cat must take into account specific digestive characteristics unique to felines. Only specially balanced foods are able to guarantee all the nutrients necessary for your cat's well being, whatever their age, breed or level of activity.

Don't Overfeed

Follow the guidelines recommended on the bag, as this will help prevent problems of obesity, which could affect the kitten later in life. If you think your kitten is over or underweight, consult your veterinarian for specific feeding recommendations.

Avoid Table Scraps

Feeding table scraps must be avoided if you want to maintain a balanced diet. Your cat will identify your meals with their own food and will continually beg at the table during your meals or while you are preparing them. An unbalanced diet can also lead to obesity.

Transition Foods Slowly

Ask the person you obtained the kitten from about their feeding methods (number of meals per day, rationed or *ad lib*) and types of meals. Any sudden change in the type of food may provoke digestive disorders (soft stools, diarrhea). A transitional period for changing from one food to another must be observed over one week by gradually mixing the new food with the old food until you are feeding the new food exclusively. This transition helps to minimize the risks of soft stools or diarrhea, which can be harmful to your kitten's proper development.

Make Sure Fresh Water Is Always Available

Whatever type of food you give your kitten, make sure they always have a bowl of fresh clean water.

Most importantly, allow your kitten to eat in peace.

- Feeding your kitten table scraps can result in obesity
- Transition slowly to new foods
- Make sure your kitten always has access to fresh clean water



Understanding a Kitten's Growth

- The growth period is the most important stage in a cat's life
- Growth in a cat takes 8-12 months
- Early neutering will not affect growth but may affect weight

The growth period is the most important stage in a cat's life. Not only do they learn their future behaviors, but their body is molded into their eventual shape and size. Many factors influence growth and good nutrition plays a major role.

Growth in the cat takes 8-12 months, depending on sex and size of the breed. The larger the cat, the longer it will take to reach their adult weight. Since males are usually larger, he will take longer to reach his adult weight. By the time a kitten reaches their adult weight, they will have multiplied their birth weight by 40-50 times.

Factors Specific to the Kitten

Breed

Like the majority of living species, the bigger the breed, the longer the growth period.

Sex

The male has a higher growth potential than the female and their growth takes several weeks longer. They will therefore be heavier than females.

Genes

The sire and dam contribute equally to the kitten's genetic code. Size, corpulence and any morphological feature can influence growth.

Spaying & Neutering

Certain hormones synthesized by the kitten direct their growth. Early neutering or spaying does not affect the ultimate size (height, bone structure, musculature) of the adult cat; this is determined by genetics. However, spaying and neutering has the potential to change your kitten's life. These simple operations have been linked to several life-changing benefits, including:

- Longer life expectancy
- Preventing unwanted litters
- Friendlier demeanor toward humans and other animals
- Less fighting and marking among male cats



The same hormonal changes that lead to all of these benefits for spayed and neutered cats can also cause energy requirements to drop by 30%¹ and appetite to increase by 20%² within the first 48 hours after surgery³.

This combination has a tendency to lead to weight gain. In fact, spayed and neutered cats are 3.4 times more likely than other cats to be overweight⁴.

You should consult your veterinarian regarding ideal body weight and condition for your kitten.

Nutrition

Between the fourth and twelfth week of life, the immunity transferred to the kitten in their mother's first milk (colostrum) gradually wanes. At the same time, their own immune defenses are not yet fully functional. Specific nutrients during this period can help protect your kitten against infectious diseases. In addition, as their muscular and skeletal systems continue to develop, they have very high energy requirements.

Factors Specific to the Environment

Hygiene

Poor hygiene at birth will affect the mother's health and the litter will suffer on account of it.

Stress

Growth takes place, as in all young animals, during sleep. Although, after two months, the kitten needs less time for sleeping, so the quality of their sleep plays a very important role.



1 Source: Belisto, 2009

2 Source: Fettman, 1997

3 Source: Kanchuk, 2003

4 Source: Scarlett, 1994

Nutrition for Kittens

- The nutritional needs of kittens are different from those of adult cats
- Very young kittens aren't ready for dry food
- Diets can be specifically formulated to reduce intestinal stress

Health Nutrition for Kittens

The kitten's nutritional needs are specific during the first weeks of their life and will change as they grow older. Royal Canin has nutritional solutions to address the different needs of different ages of kittens as they grow in our Feline Health Nutrition line.

For Young Kittens

From weaning to four months, a kitten will grow very fast. The kitten develops their skeleton and increases their birth weight by 5 to 7 times by the age of 8 weeks. Their energy needs at this stage are very high and milk teeth appear.

From four to five weeks of age, a kitten can be given solid food. This food is first offered in either the form of gruel (prepared by adding a little warm water or kitten milk replacer to dry kibble) OR an appropriate canned wet formula.



BABYCAT 34™

(1–4 months of age)

Helps to build developing immune defenses and features tiny, easy-to-eat kibble.



BABYCAT INSTINCTIVE™

(1–4 months of age)

This extra-soft mousse helps ease the transition from mother's milk to solid foods and is specially formulated to be instinctively preferred by young kittens.



For Older Kittens

Between four and six months, the rate of growth slows down to allow the skeleton to strengthen and muscles to develop. However, a kitten's energy needs during this period remain high.



KITTEN 36™

(4–12 months of age)

Helps to build developing immune defenses and features tiny, easy-to-eat kibble.



KITTEN INSTINCTIVE™

(4–12 months of age)

This small, thin slices-in-gravy food is perfect for kittens' tiny mouths and is specially formulated to be instinctively preferred by kittens.

For Spayed/Neutered Kittens



KITTEN SPAYED/NEUTERED

(6–12 months of age)

Controlled fat levels help maintain a healthy weight, while added protein, antioxidants and prebiotics help spayed and neutered kittens thrive.



Nutrition for Spayed/Neutered Cats & Kittens

- 88% of all owned cats in the United States are spayed or neutered⁵
- Spaying and neutering has been linked to longer life expectancy in cats and many other life-changing benefits

Spaying and Neutering

Spaying and neutering are common procedures that have the potential to change a cat's life. These simple operations have been linked to several life-changing benefits, including: longer life expectancy, preventing unwanted litters, friendlier demeanor toward humans and other animals, and less fighting and marking among male cats.

The same hormonal changes that lead to all of these benefits for spayed and neutered cats can also cause energy requirements to drop by up to 30%¹ and appetite to increase by 20%² within the first 48 hours of surgery.³ This combination has a tendency to lead to weight gain. In fact, spayed and neutered cats are 3.4 times more likely than other cats to be overweight.⁴



KITTEN SPAYED/NEUTERED (6-12 months of age)

Controlled fat levels help maintain a healthy weight, while added protein, antioxidants and prebiotics help spayed and neutered kittens thrive.



SPAYED/NEUTERED APPETITE CONTROL (1-7 years of age)

A unique blend of fibers helps spayed and neutered cats feel fuller longer, and the donut-shaped kibble slows ingestion.



SPAYED/NEUTERED APPETITE CONTROL 7+ (7-12 years of age)

This reduced-fat formula features a unique fiber blend to help cats feel fuller longer, antioxidants for increased vitality and low phosphorous levels to help support healthy kidneys.



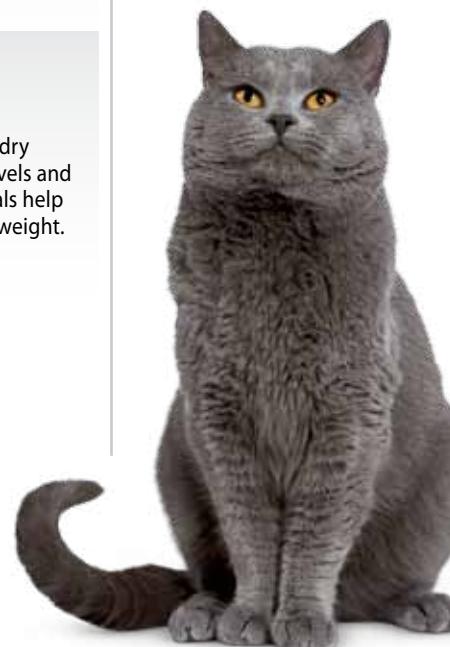
SPAYED/NEUTERED 12+ (12+ years of age)

With increased antioxidants, glucosamine and chondroitin for joint support and even lower phosphorous levels to help support healthy kidneys, this formula is perfect for helping your cat age gracefully.



SPAYED/NEUTERED (Over 1 year of age)

A perfect complement to our dry formulas, moderate energy levels and balanced vitamins and minerals help adult cats maintain a healthy weight.



1 Source: Belisto, 2009

2 Source: Fettman, 1997

3 Source: Kanchuk, 2003

4 Source: Scarlett, 1994

5 Source: HSUS, 2011

Nutrition for Indoor Cats

- One cat in four is overweight
- Cats are now living much longer lives, up to 20 and sometimes 25 years
- Indoor cats require less energy and protein than outdoor cats

Health Nutrition for Indoor Cats

Cats living exclusively indoors lead a tranquil life. The indoor cat spends more of their time eating and sleeping than taking any form of exercise. They have only moderate energy requirements. A food adapted for only occasional play should allow them to maintain an ideal weight.



INDOOR Adult 27™ (1–10 years of age)

Limited stool odor and hairballs with this reduced-calorie formula designed for less active indoor cats.



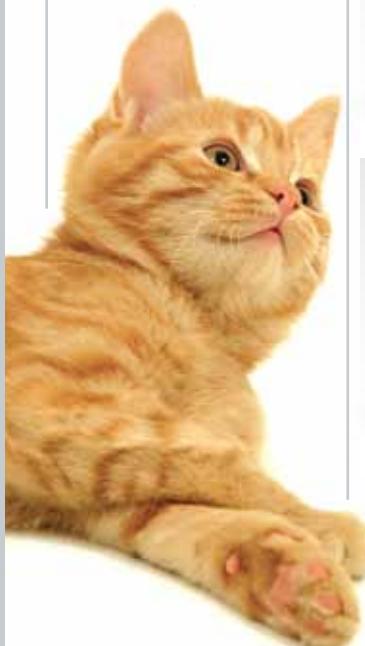
INDOOR Light 40™ (1–10 years of age)

Low calories and fat to help cats achieve a healthy weight, plus added protein to help maintain lean muscle mass.



INDOOR Beauty 35™ (1–10 years of age)

Enhances natural coat color and helps keep skin and coat looking healthy and beautiful.



INDOOR Intense Hairball 34™ (1–10 years of age)

A specific blend of fibers encourages elimination of hair swallowed while grooming and supports healthy digestion.



INDOOR Mature 27™ (10+ years of age)

Supports the aging cat with powerful antioxidants, while softer kibble protects sensitive teeth and gums.



- An indoor cat spends more time sleeping, eating and grooming than exercising
- An almost constant temperature and artificial lighting lead to regular hair loss in indoor cats
- Extra weight will put stress on other parts of the cat's body, including bones and joints

Nutrition for Special Needs Cats

- Sensitivities can develop at any point during a cat's life
- These include sensitive skin, food allergies, and disorders of the teeth and mouth
- Specially formulated diets can reduce distress caused by these disorders

Cats with Special Needs

Sensitivities of variable severity at certain periods in a cat's life are due to a variety of factors such as changes in environment, diet, seasonal, or special features related to each individual cat.

Some cats have difficulty tolerating certain ingredients (such as starch). This digestive sensitivity provokes intestinal disorders (soft feces or diarrhea). Specially formulated diets can deal with such digestive intolerance and reduce digestive problems.



SPECIAL 33™

(1–10 years of age)

Highly digestible proteins and starch to promote healthy digestion for the cat with a sensitive GI tract.



ORAL SENSITIVE 30™

(1–10 years of age)

Unique kibble size, shape and texture provide a brushing effect to help reduce plaque formation and slow ingestion to help support digestive health.



HAIR & SKIN 33™

(1–10 years of age)

Helps to support the skin barrier while working to maintain a healthy, beautiful coat.



Cats' Natural Preferences

Some cats choose foods based on aromas, while other cats choose foods based on flavor and texture or how the food makes them feel after they eat it.

To meet the natural preference of every cat, even the pickiest, Royal Canin has developed 3 exclusive nutritional solutions for fussy cats.

Based on the latest research in palatability, these products are designed to respond to a cat's individual preferences.



SELECTIVE 31™

Aromatic Attraction

(1–10 years of age)

Formulated with a carefully crafted aromatic profile for picky cats that choose a food based on how it smells.



SELECTIVE 34/29™

Savor Sensation

(1–10 years of age)

Features two formulas with distinctly different flavors and textures for cats that choose a food based on how it feels in their mouth.



SELECTIVE 40™

Protein Preference

(1–10 years of age)

A unique balance of protein, carbohydrates and fats for picky cats that choose a food based on how they feel after they eat it.

- 85% of cats will find their preferred food among the Selective formulas, versus competing products that rely on a variety of flavors.¹

- A cat's individual preference varies as a result of innate (from birth) and acquired behaviors (experience driven).

1 Source: Royal Canin, internal data 2009



Nutrition for Cats With Outdoor Access

- Outdoor cats expend much more energy than indoor cats
- Outdoor cats experience more stress on their immune system
- Swallowed hair can't always be eliminated, even with access to natural purgatives like grass

Outdoor Cats

Cats with outdoor access can lead a very active life. When outdoors they can run, climb trees and explore their territory. These cats have a high energy expenditure that varies with the seasons and the frequency of going outside. A cat that goes outside puts their immune system under heavy stress, especially when in contact with other animals. They may contract a contagious disease, pick up parasites, or even ingest poisons. Dry foods are specially formulated to help maintain your cat's good health and correct weight.



ADULT FIT 32™
(1–10 years of age)

Formulated to support the immune health of active cats that have exposure to the outdoors.



Specific Breeds

Maine Coons, Persians and Siamese are characteristic of certain breed types, each requiring dramatically different diets to address significantly different nutritional requirements.

The sizeable presence of these three breeds in the feline population justifies scientific studies focused on them. In addition, these breeds are representative of certain breed types, each with significantly different needs.



Maine Coon 31™
For adult Maine Coons
(1–10 years of age)

Promotes healthy joints and a shiny coat, and the special large kibble encourages chewing and slower ingestion.



Siamese 38™
For adult Siamese
(1–10 years of age)

Added protein content preserves muscle mass, while a unique kibble encourages chewing and slows ingestion.



Persian 30™
For adult Persians
(1–10 years of age)

Almond-shaped kibble is easy for flat-faced Persians to grasp, and a special formula helps reduce hairballs and maintain a long, beautiful coat.

- The average total length of all the hair on a Persian cat is 230 miles
- Siamese cats ingest their food very fast
- Maine Coon cats can reach a weight up to 22 pounds and a total length of 40 inches



Wet Nutrition for Cats

- Protein, carbohydrates and fat are macronutrients which provide calories or energy
- Thin slices in gravy provide a soft texture easy for your cat to eat

A Perfect Complement to Royal Canin®

Dry Formulas

Only Royal Canin® Feline Health Nutrition™ canned wet formulas are designed around a cat's nutritional needs and instinctive preferences.

By using Macro Nutrient Profile science, Royal Canin has designed 9 formulas that contain the optimal balance of fats, proteins and carbohydrates that cats instinctively prefer based on their life stage. To learn more about the Macro Nutrient Profile science in Royal Canin canned wet formulas, visit www.royalcanin.us.



BABYCAT INSTINCTIVE™

(1–4 months of age)

This extra-soft mousse helps ease the transition from mother's milk to solid foods and is specially formulated to be instinctively preferred by young kittens.



KITTEN INSTINCTIVE™

(4–12 months of age)

This small, thin slice-in-gravy food is perfect for kittens' tiny mouths and its specially formulated to be instinctively preferred by kittens.



ADULT INSTINCTIVE™

(Over 1 year of age)

An optimal balance of protein, carbohydrates and fats helps maintain an ideal weight and is formulated to be instinctively preferred by adult cats.



ULTRA LIGHT

(Over 1 year of age)

This reduced-calorie formula with added protein is designed to help cats achieve healthy weight while maintaining muscle mass.



INTENSE BEAUTY

(Over 1 year of age)

This formula is instinctively preferred by adult cats and is designed to keep your cat's coat looking healthy and beautiful.



SPAYED/NEUTERED

(Over 1 year of age)

Moderate energy levels and balanced vitamins and minerals to help adult cats maintain a healthy weight.



DIGEST SENSITIVE

(Over 1 year of age)

This highly palatable formula contains a moderate calorie level for weight maintenance and highly digestible proteins to reduce stool odor.



INSTINCTIVE 7+

(7–12 years of age)

Formulated to support older cats' vitality, this formula contains nutrients that are instinctively preferred by adult cats and soft slices to help protect teeth and gums.



AGING 12+

(12+ years of age)

This canned formula is instinctively preferred by senior cats and helps support their joints, kidneys, teeth and gums.



- Macro Nutrient Profile, or MNP, creates the optimal balance between proteins, fats and carbohydrates that cats instinctively prefer based on their life stage and special needs

- MNP ensures exceptional palatability and long term preference

Training Essentials



Training

Behavior and Training

Training

The essentials of your kitten's education take place during the period from birth to the age of six months. In fact, most behaviors are acquired by the age of three months, thanks to the mother's dominant role, as well as siblings.

The kitten learns in two different ways: they start by imitating their mother's actions, and then they learn by themselves by means of experimenting. In this case, they act and face the consequences of their actions. If the kitten finds the response pleasant, they tend to favor the action.

So, when you adopt a kitten, your contribution to the foundations of their education is limited but still makes you responsible. You have to complete their education, in the context of their new environment, and correct any unwanted behaviors.

Favorable Environment

A favorable environment includes surroundings where your kitten socializes easily and familiarizes themselves with people and the environment. If the kitten has been raised with the mother, it is advisable to leave them until weaned. Education will be more complete and your kitten will fit more easily into the new home.

A kitten that has been handled by several people from a very young age will be more curious and open to life. Similarly, familiarization with different noises of everyday life allows the kitten to become comfortable in the environment of their new home.

Unfavorable Environment

If the environment in which the kitten has developed is low in stimulus (for example in an isolated place), it is advisable to take them away as soon as they are eight weeks old and try to bring them into contact with other cats.

The kitten needs to understand as soon as possible the limits that they must not go beyond before their weapons (claws and teeth) are fully developed. During mock fights, the kitten receives bites and scratches, which help them learn to measure the intensity of these two actions.

You need to socialize your kitten by offering them as many external stimuli as possible: handling by different people, confrontation with noises of different intensities, and contact with other animals. Integration into the new home will take longer, but the results will be the same.

- You are partly responsible for your kitten's education
- Kittens need a stimulating environment
- It may take longer to train a kitten that has not been properly socialized



Your Kitten's Home

- Avoid feeding your kitten in the same rooms where you eat
- Kittens like to nap near heat sources
- The litter box should be far away from the kitten's eating area



To live in harmony with your kitten, it is essential to understand the organization of their territory and basic activities. Once their territory is defined, your kitten will spend most of the time sleeping. When not sleeping, the main occupations will be playing, eating and cuddling.

A cat's territory is exclusive and quality is more important than space.

Your kitten will identify your home as their territory. Inside your home, the kitten organizes their life around four key areas. You must respect this organization without disturbing them, or you risk causing certain behavioral problems in your kitten.

Eating Area

This must be removed from their litter box and from your own eating area. Avoid your kitchen or your dining room so that your kitten does not confuse your plate with their dish and sample your meal. This could lead to a nutritional imbalance.

Play Area

This is the biggest area. It must be conducive to playing, racing about, and climbing up high (tables, cupboards, shelves, the backs of furniture, etc.).

Litter Box

This must always be easily accessible by your kitten and should be distant from their food dish and your living area.

From five to six weeks old, a kitten will use the litter box, often spending a lot of time covering their stool.

If this lesson has not been learned, place the kitten in the litter box. Dig a hole with the paw and then show the kitten how to cover what they have excreted. Repeat this exercise once or twice and the kitten should start to do this behavior.

Rest Area

Your kitten prefers to rest in a warm spot. A space near a heat source (heating vents, sunny window, etc.) is best. Being close to you is always important, so the kitten's bed should not be too far away from your living area. However, your bedroom may not be the right place unless you intend to have them stay there always. You will not be able to take away from your adult cat what you allowed them to do as a kitten.

Introduce the kitten to the new bed or make the transport carrier accessible with the same bedding for familiarity.

Your Kitten's Activities

Sleep

A kitten has two distinct sleep phases, deep and light sleep.

Deep Sleep

Until the kitten is eight weeks old, they are in a state of deep and continual sleep, a phase during which the hormones essential to growth are secreted. At two months old, the continuity of sleep decreases and your kitten alternates between light and deep sleep.

Light Sleep

From two months old, the sleeping rhythm will gradually change towards that of the adult cat, i.e. 16 hours a day on average, split into several periods throughout the day. During this phase of light sleep, your kitten sleeps with one ear listening and is attentive to the slightest noise. This first light sleep is generally followed by a deep sleep in which your kitten is completely relaxed.

Important:

You are advised never to wake a kitten during deep sleep so as not to affect their growth.



Exercise

Exercise is essential for your kitten's well being. It provides a means to channel energy into toning muscles, rather than using that energy for destructive purposes. Favorite exercises are those which allow them to climb, perch, jump, sharpen the claws and play with toys (ball of paper, toy mouse, hard ball with bell, etc.)

Play

Playing is a major part of the kitten's socialization. Playing encourages exploration of their surroundings and develops physical capabilities. Playing is also an antidote to isolation.

For the cat, playing and hunting are two closely linked activities, and a toy is often identified as the prey. Your kitten's natural hunting instinct may lead to aggressive behavior. Don't hesitate to reprimand the kitten and make sure they understand such behavior is not acceptable.

Roosting

Your kitten loves being up high. Being at the same height as your face makes them happy. They can rub against you, as with an equal. If your home does not have enough places that are high and safe, try to make some by changing your surroundings a little or by providing a cat tree.

Your Kitten's Personality

- Get to know your kitten's personality by playing with them
- If your kitten is slow to react, they may be afraid or indifferent
- If your kitten is nervous, they may not have been properly socialized

These tests are simple and quickly help you to become familiar with your kitten's personality.

Aluminum Foil Ball Test

Roll a ball of aluminum foil in front of your kitten. If they are slow to react, they may be expressing fear or great indifference to outside movement.

Noise Test

Clap your hands loudly with the kitten seeing you. If they act curious while staying calm, your kitten has been brought up in a full and stimulating environment. If the kitten runs away, you must very quickly expose them to the noises of everyday life, so they may become accustomed to the sounds of your household.

Socialization Test

Observe your kitten from a distance:

If your kitten runs to play with your shoelaces or rubs up against you, they have been properly socialized.

If your kitten is nervous and tries to run away when you approach, they may not have been properly socialized or has a more timid personality. It is essential to start this phase again, provide toys and play with your kitten.

Dominance Test

A kitten that easily allows their tummy to be stroked while lying on their back has perfectly assimilated your parental authority — they will be docile and good tempered. If the kitten struggles or tries to scratch, they have not accepted your authority and handling them may provoke unexpected reactions like biting when stroked.



Your Kitten's Communication

Kitten Language

The image of solitary feline in no way reflects the kitten's ability to communicate with fellow pets or with people. The kitten demonstrates extraordinary talents of communication. They also use different methods of communication depending on whether they want to make themselves understood to people or other animals.

Language with People

While your kitten does not understand your language, apart from certain words, they are very sensitive to your body language and postures. They can understand what you are feeling (sorrow or joy) and even anticipate what you are going to do.

Your kitten is continually communicating with you through a full and explicit body language of great variety.

Facial Expressions

The shape of the eyes and the position of the ears are accurate indicators of what they want to express.

Neutral Cat

Ears upright and open, eyes round.



Neutral Cat

Aggressive Cat

Ears down, pupils round and dilated.



Angry Cat

Happy Cat

Ears open and forward upright, eyes half-closed, pupils in slits.



Happy Cat



Aggressive Cat

Body Language

- A kitten may identify you with their mother
- Tail-waving signals displeasure
- There are many types of meows, each expressing something different

Movement

Lightly Touching

They are connecting with their territory. With this movement, the kitten deposits hormonal secretions from the glands under the ears against your ankles. This act of sharing scent shows you that your kitten feels good and includes you in their territory.

Rubbing Against You

When the kitten rubs the head or tail against your legs, they're happy. Your kitten feels good being close to you and wants to share their scent with you.

Kneading

When the kitten treads your knees for long periods, they are expressing intense pleasure. Your kitten is revisiting the joy they felt when feeding from their mother. The same push-pull movement was used around the mother's breast to stimulate the flow of milk. The copied movement indicates that the kitten identifies you with their mother.



Rolling on the Ground

When the kitten rolls on the ground as soon as they see you, they are showing submission. This position is only possible with people around whom the kitten is totally relaxed; this is an act of submission associated with an earlier moment of relaxation.

Tail Waving

When the kitten moves their tail, they are expressing irritation. If you are stroking your kitten and they start to wave their tail, stop immediately. They are telling you that they don't like what you're doing.

Sounds

Purring

Kittens start to purr when first feeding from their mother and it expresses huge satisfaction as well as total dependency on the mother. When your kitten purrs with you, they are showing submission and contentment.

Growling and Hissing

This is intimidation and can be used in an attack.

Meowing

There is a huge variety of meows, each with their own meaning. You will learn to recognize them by observing your kitten.

Territory Markings

Your kitten's habit of marking territory is a natural behavior and means of communication. It is made by depositing scents, hormonal secretions or scratch marks.

Scent Deposits

Marking with urine and/or feces is by far the most common. Mainly males do this, after stress (transport, intrusion of another animal, etc.). This territorial marking is intended to inspire fear and make any intruder go away. The spray of urine is horizontal and powerful and generally marks a vertical surface (base of wall, sofa and anything that sticks out).

Hormonal Secretions

Specific hormones, known as pheromones, play a major role in a kitten's sexual and territorial behavior. The kitten marks a place another animal (dog or cat) has rubbed against. This gesture is an invitation to share territory and a sign of acceptance which can only take place when the kitten feels completely confident.

Scratch Marks

These marks that your kitten may leave on your furniture or walls have no precise explanation. It is not known if the scratch marks are combined with possible secretions coming from glands next to the paw pads, regardless they mark territory. Such markings, which may also be a form of exercise, can sometimes turn catastrophic when the cat is afraid and becomes temporarily uncontrollable.

- Marking territory is a natural behavior
- Marking territory with urine or feces is common
- Pheromones play a major role in a kitten's sexual and territorial behavior



Caring for Health



Healthcare

Healthcare

Caring for Your Kitten

The first visit to the veterinarian (generally already made if the kitten was sold to you) is not a simple consultation, but an in-depth examination.

This comprehensive health check-up will evaluate your kitten's physical condition and will address any health concerns.

In the event your kitten was given to you, this may be the first visit, and a time for all the necessary vaccinations and checks. Your veterinarian will complete your kitten's health record and will give you useful advice on grooming and specific behaviors common to their breed.

Ask your veterinarian if you need to bring in a stool sample or any paperwork from the purchase or adoption.

- The first veterinarian visit is the time for vaccinations and checks
- Your veterinarian can identify hidden health problems



Preventive Measures

- Consult a veterinarian if your kitten's nose is dry or snotty
- Touch the ears as little as possible
- Microchips can help reunite lost pets

Care of Nose and Ears

Cleaning Your Kitten's Nose

Some cats may have dry nasal secretions in the corner of the nostrils. You can easily remove these with a warm, wet cotton ball or tissue.

Important:

A dry or snotty nose indicates you should consult your veterinarian.

Cleaning Your Kitten's Ears

The basic rule is to touch the ears as little as possible. If there is an obvious and unpleasant looking discharge, you need to consult your veterinarian for a precise diagnosis. He or she will recommend the appropriate treatment and ear solution.

Important:

When cleaning the ears, never use cotton swabs, nor a water or alcohol based solution.

Permanent Identification

Cats may be identified by the insertion of a tiny microchip under the skin. Identifying your kitten will aid in finding them if lost or involved in a natural disaster. Qualified veterinarians insert microchips, which contain information on both the cat and the owner and can aid in a quick return home.

Spaying or Neutering Your Kitten

These operations can be performed from the age of 6 months (and sometimes even earlier) and protect kittens from many infectious diseases. Consult your veterinarian for more information.



Vaccinations

Vaccinations help prevent contagious and sometimes fatal diseases. Some are mandatory, while others are only recommended, and may vary according to the location, age, lifestyle and immune status of the kitten or cat. Vaccinations are most effective when they are given at fixed dates with booster vaccinations at specific times. The feline vaccines include:

- Distemper (FVRCP)
- Feline Leukemia (FeLV)
- Feline Infectious Peritonitis (FIP)
- Rabies

Generally speaking, kittens are vaccinated starting at eight to nine weeks of age. For optimal immunity, these vaccines should be administered at intervals of three to four weeks until kittens are 16 weeks old.

Any adult cat or kitten older than 16 weeks of age receiving an initial vaccination should be administered two doses of vaccines at an interval of three to four weeks apart. Adult revaccination occurs one year after the end of the initial series, then follows the protocol recommended by your veterinarian.

Rabies virus vaccines are usually administered between 12 and 16 weeks of age as a single dose, with revaccination occurring one year later. Adult revaccination may be annually or every three years, depending on local and state statutes.



- Vaccinations help prevent the spread of contagious diseases
- Initial vaccinations should begin between 8 and 9 weeks of age
- Booster vaccinations are necessary for optimal protection

Internal Parasite Prevention

- Kittens are more susceptible to parasites than adult cats
- Only a veterinarian can diagnose protozoa parasite infections
- Your kitten should receive regular deworming treatments

Internal parasites, such as worms and protozoa, affect kittens more often than adult cats because their immune systems are not yet fully developed. Your veterinarian will advise you on deworming and necessary treatments.

Protozoa

Only your veterinarian can identify these parasites and prescribe the appropriate treatment. There are two micro-organisms that commonly infect kittens:

Giardia

Giardia fix onto the mucous membrane of the small intestine, causing diarrhea, incomplete digestion, and a gradual loss of bodyweight.

Coccidia

Coccidia are also parasites of the digestive system.



External Parasite Prevention

- Flea prevention is easier than treatment
- Ringworm is a fungal infection
- If your kitten goes outside, check regularly for ticks

External parasites found most commonly on kittens are fleas, ringworm, ear mites and ticks.

Fleas

The prevention of fleas is a much easier task than treatment. Flea prevention involves using either oral or topical medications recommended by a veterinarian at regular intervals. Prevention should be all year long, but most importantly during the spring and summer months. Kittens and adult cats can be sensitive to many over-the-counter medications, some of which may be very harmful.

If your kitten already has fleas, they, as well as their environment, may need to be treated in order to resolve the problem. Treatment of the environment includes vacuuming; treatment of the kitten may include topical medications to kill fleas and oral medications to treat parasites the fleas can carry. Please seek veterinary advice for proper medications and other products for environmental care.

Ringworm

In spite of the name, ringworm is not a worm, but a contagious fungal infection which affects the skin. Ringworm is difficult to diagnose because of the numerous signs it can induce.

It is resistant, widely spread and contagious. Ringworm can affect humans and almost all animals. Treatment is long and complex and you should follow your veterinarian's advice carefully.

Ear Mites

This ear infection is caused by mites living in the ear canal. The presence of an abundant, blackish and waxy discharge and the shaking of the head or rubbing with the paw is usually a sign of ear mites. Treatment: follow your veterinarian's advice.

Ticks

Ticks are picked up almost exclusively outdoors. If you have a cat that goes outside, check your cat regularly for ticks. They prefer to attach themselves around the neck and ears. Ticks can cause inflammatory reactions where they are attached. When removing a tick, be very careful to remove the tick's head.

For advice on removal and prevention, please contact your veterinarian.



First Aid for Cats



First Aid

First Aid for Cats

Even if you provide your cat with everything they need — regular grooming and veterinary check-ups, an appropriate diet, lots of love and care — accidents can still happen. It's important to be prepared for these situations. Knowing what to do may save your cat's life. Read this section carefully and review it periodically. Keep this guide handy in the event of an emergency.

Checking Vital Signs

- Use rectal, not oral, thermometers for cats. Newer human digital thermometers are best.
- Heart rate can be checked by placing a hand over the cat's chest.
- Respiration can be measured by observing the flanks.
- Measure both rates for 15 seconds, then multiply by four to get the rate per minute. Make sure the cat is in a calm, resting state to ensure normal rates.

Normal Vital Signs

Heart rate:
160 – 240 beats/ minute

Respiration:
20 – 30 breaths/ minute

Temperature:
101° – 102.5° F

Abnormal temperatures:
Below 100° F
Above 103° F

Handling and Transporting

- Don't assume a cat won't bite or scratch.
- Don't try to comfort an injured cat by hugging them. Don't put your face near their head.
- Wrap the cat in a towel.
- Perform any examinations slowly and gently. Stop if the cat becomes agitated.

Supplies for a Kitten First-Aid Kit

- Alcohol-based disinfectant
- Antibiotic cream
- Antiseptic solution
- Bandaging materials: gauze pads and rolls, self-adhesive elastic wrap, tube socks for slipping over an injured paw
- Cotton balls
- Eye dropper
- Extra blankets, towels and pillows
- Hydrogen peroxide
- Petroleum jelly
- Rectal thermometer
- Blunt end scissors
- Towels
- Transport crate
- Tweezers

First Aid

Emergency Action Steps

Bee or Wasp Sting

1 Neutralize the sting.

Bee stings are acidic. Neutralize with baking soda.

Wasp stings are alkaline. Neutralize with vinegar or lemon juice.

2 Apply cold pack.

3 Apply calamine or antihistamine cream.

4 In case of severe swelling or difficulty breathing, transport to a Pet hospital immediately.

Bleeding

1 Apply a clean cloth or sterile gauze to the wound.

2 If the bleeding doesn't stop contact your veterinarian.

Don't apply a tourniquet unless instructed by your veterinarian.

Heat Stroke

1 Place in cool shaded area with a fan. Take rectal temperature, if over 104°F immediately bathe cat with tepid water.

Do not leave the cat unattended while soaking, even if conscious.

2 Monitor rectal temperature.

When temperature drops to 103°F, dry off the cat.

3 Transport to a Pet hospital.

Continue to monitor temperature.

Do not allow animal to become excessively chilled.

Possible causes:
Excessive heat and/or lack of shade; overexertion; lack of water

The following situations generally require veterinary attention.

These action steps are designed to help you stabilize your pet while veterinary help is being obtained.
Call your veterinarian immediately for any medical emergency.

Limping

1 Attempt to localize injury through gentle inspection

Once localized, examine affected area to check for pain, heat, injury and swelling.

2 If a fracture is suspected, contact your veterinarian.

3 Cover any wounds with a clean cloth. See Bleeding.

Possible causes:

Broken limb or digit; acute arthritis; injury to footpad; dislocation; sprain; muscle soreness

Unproductive Urination

1 Repeated straining in the litter box and inability to urinate is a true emergency.

2 Call ahead to regular veterinarian or emergency clinic.

3 Proceed immediately to veterinarian

Possible causes:
Urinary crystals or stones; mucus plugs; bladder inflammation; stress

Vomiting

1 Examine vomit for blood or other clues as to cause.

2 Gently press on stomach to detect any abdominal pain.

Withhold all food and water until a veterinarian has been consulted.

3 If poisoning is suspected, bring a sample of the suspected poison, preferably in its original packaging, to the veterinarian.

4 Abdominal pain, enlarged stomach and unproductive vomiting are serious signs. Call your veterinarian immediately.

Possible causes:
Poisoning; abdominal injury; motion sickness; disease; overeating; fear; brain injury; parasites

Call your veterinarian immediately for any medical emergency.

Call your veterinarian immediately for any medical emergency.

Poisonous Substances

Vomiting is commonly caused by the ingestion of harmful substances. There are many items that are known poisons to cats. Just like with children, make sure these items are locked up so your kitten can't get into them. For more information on poisonous substances, or for an item that isn't listed here, please consult ASPCA's Animal Poison Control at 1-800-548-2423 (fee charged for certain services).

Signs	Common Poisonous Household Substances	Systems Affected by Toxic Plants			
• Vomiting	• Acetaminophen (Tylenol)	Lower G.I. Tract	Upper G.I. Tract	Nervous System	
• Diarrhea	• Antifreeze	• Alfalfa	• Caladium	• Belladonna	
• Difficulty breathing	• Anticoagulants	• Lead	• Calla Lily	• Bleeding Heart	
• Abnormal urine (color, aroma or odor, frequency)	• Aspirin	• Lye	• Christmas Rose	• Buckeye	
• Salivation	• Bleach	• Phenol	• Dumb Cane	• Cardinal Flower	
• Weakness	• Boric Acid	• Matches	• Elephants Ear	• Chinaberry	
If your cat should ingest something harmful, contact a veterinarian or poison control center immediately.	• Brake Fluid	• Metal Polish	• Four O'clock	• Coriaria	
	• Chocolate	• Mineral Spirits	• Jack-in-the-Pulpit	• Datura	
	• Dandruff Shampoo	• Mothballs	• Philodendron	• Golden Chain	
	• Deodorants	• Nail Polish and Remover	• Skunk Cabbage	• Henbane	
	• Deodorizers	• Foam	Cardiovascular System		
	• Diet Pills	• Paint	• Almond Pits	• Indian Tobacco	
	• Disinfectants	• Paint Remover	• Apple Seeds	• Jessamine	
	• Carburetor Cleaner	• Rat Poison	• Apricot and Cherry Pits	• Jimson weed	
	• Drain Cleaner	• At-Home Perm Solution	• Foxglove	• Marijuana	
	• Dry-Cleaning Fluid	• Photographic Developers	• Hydrangea	• Mescal Bean	
	• Dye	• Pine-Oil Disinfectants	• Larkspur	• Moonseed	
	• Fire Extinguisher	• Rubbing Alcohol	• Lily-of-the-Valley	• Morning Glory	
	• Fungicides	• De-Icers for melting snow	• Monkshood	• Periwinkle	
	• Furniture Polish	• Shoe Polish	• Oleander	• Poison Hemlock	
	• Pills (Coumadin)	• Sleeping Pills	• Peach Pits	• Rhubarb	
	• Gasoline	• Snail or Bug Bait	• Yellow Oleander	• Tobacco	
	• Hair Coloring	• Suntan Oil with Cocoa Butter	Highly Toxic, Possibly Fatal Toxic Plants		
	• Herbicides	• Tar	Daylily	Easterlily	Yew, all varieties
	• Insecticides	• Turpentine			
	• Kerosene	• Windshield-Wiper Fluid			

Toxic Plants

Remove all indoor plants that are in reach of your new kitten as many household plants are toxic to cats. A list of common harmful plants is below or you can ask your veterinarian for a complete list.

CPR for Cats

CPR is necessary if your cat is not breathing or has no pulse.

Possible causes:
Choking, unconsciousness from drowning or shock, poisoning, allergic reaction

- 1 Lay the cat on their side and remove any obstructions in the airway.** Using caution open mouth, pull tongue forward, extend neck and sweep mouth with finger.
- 2 If the airway is clear,** extend the neck, hold the tongue out of mouth and close the cat's jaws over their tongue.
- 3 Holding jaws closed, breathe into both nostrils for 5 to 6 breaths.** If there is no response, continue artificial respiration (see below). If there is no pulse, begin cardiac compressions.
- 4 Depress the widest part of the chest wall** 1.5 to 3 inches with one or both hands. Refer to compressions per minute chart for weight specific info.
- 5 Continue artificial respiration.** Refer to breaths per minute chart for weight specific info.

Weight	Compressions per minute
Under 5 lbs.	Place hands around rib cage and apply cardiac massage
5 – 10 lbs.	120 – 140 times per minute
11 – 60 lbs.	80 – 100 times per minute

Weight	Breaths per minute
Under 10 lbs.	30+ breaths per minute
11 – 60 lbs.	16 – 20 breaths per minute

Call your veterinarian immediately for any medical emergency.

My Pet's Information

INFORMATION

Pet's name: _____

Pet Hospital

Phone number: _____

Address: _____

Veterinarian: _____

FEEDING INFORMATION

Formula name: _____ Change to adult food at _____ months

Food portions: Cups/Grams per day _____ Times per day _____

Provide fresh, clean water at all times.

MEDICAL INFORMATION

Allergies: _____

Special medications: _____

Special conditions or instructions: _____

EMERGENCY CAREGIVERS *(The following people will care for my cat in case of emergency)*

Name: _____ Name: _____

Address: _____ Address: _____

Phone: _____ Phone: _____



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