

The first night checklist

KITTEN EDITION

Read it now, so that at 3am you don't have to think — just follow the card.

THE SETUP (BEFORE DARK)

- ☐ Kitten sleeps in the safe room — bed, water, litter, night-light or pitch black
- ☐ Warm water bottle wrapped in a blanket = surrogate sibling
- ☐ The smell blanket from their old home, in the bed
- ☐ You said goodnight once, kindly, boringly — and left

AT 3AM, WHEN THE CRYING / GALLOPING STARTS

1. One check, maximum. Alive? Safe? Water present? Nothing fallen?
2. No playing. No feeding. No "just bring them into bed once" — unless you mean it forever.
3. Calm, boring, kind — then back to bed. Crying that earns parties becomes a nightly 4am party.

Silence is also normal — a hidden sleeping kitten is a coping kitten.

MORNING SCOREBOARD

Food visited • water touched • litter used. Three yeses = the night went well, however it sounded. Then: open the door, sit down, be boring, serve breakfast.

IF THEY'RE UNDER 12 WEEKS

Tiny kittens crash fast. Not eating at all by morning, or limp and listless — that's a **vet call today**, not a wait-and-see.

From The First 14 Days With Your Kitten — book chapter 3. The full book and the printable 19-page Survival Kit: thevettedpets.com/first-kitten/

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RESCUE CAT EDITION

Adult rescue cats do night one differently: usually silent, always watching. Both versions below are success.

THE SETUP (BEFORE DARK)

- ☐ Base camp door closed — one room, their room, unreachable hiding spots blocked
- ☐ Food, water, litter in a triangle — litter away from food
- ☐ Pheromone diffuser plugged in since this morning
- ☐ Night-light on — a strange house in total darkness is scary, not soothing
- ☐ You sleep in YOUR room — camping beside them teaches them you're furniture

OVERNIGHT: TWO NORMAL VERSIONS

The silent cat — doesn't eat, doesn't move, doesn't make a sound. Mapping. Leave them to it.

The patrol cat — cries or scratches at the door. One boring check, maximum. No play, no feeding, no door-opening party.

What you reinforce at 3am, you keep at 3am.

MORNING SCOREBOARD — THE DAY-1 THREE

Hiding spot chosen • food visited (even overnight) • litter used. Any of the three = the night worked. Log it — rescue progress is invisible without notes.

THE 24 / 48 RULE

Stress suppresses appetite: **24h** no food → warm smelly food, tempt. **48h** no food → vet (24h if they're overweight). Not drinking at all → same-day call.

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