FREE PRINTABLE · BIRTH PREP CHECKLIST

Kitten Birth Prep Checklist

Set out the nesting box in weeks 7–9 of pregnancy, somewhere quiet, warm and away from other pets.

Gather these supplies

- [ ] Nesting box lined with clean towels or blankets
- [ ] Spare towels, puppy pads or newspaper
- [ ] Digital thermometer
- [ ] Kitchen scale that weighs in grams
- [ ] Clean scissors and unwaxed dental floss
- [ ] Disposable gloves
- [ ] Heat pad on low under half the box (kittens must be able to move away)
- [ ] Kitten milk replacer and bottle (backup only — never cow's milk)
- [ ] Infant nasal bulb syringe
- [ ] Pen, weight tracker and this checklist
- [ ] Your vet's number and the nearest emergency clinic

Notes

Get ready timeline

Day 17–18	Vet can often feel kittens
Weeks 3–4	Ultrasound can show heartbeats
Week 6+	X-ray can count the kittens
Weeks 7–9	Set out the nesting box; watch for nesting
Day before	She often stops eating; temperature under 100 °F (37.8 °C)

Call your vet straight away if...

- Strong contractions for more than 20 minutes without a kitten
- A kitten is visible but not delivered within about 10 minutes
- She seems weak, in pain or unwell at any stage
- She goes past her due window with no labour

Some cats rest for a long time (even 24–36 hours) between kittens. That can be normal if she is relaxed and not straining.

MY VET _____ PHONE _____

AFTER-HOURS / EMERGENCY _____ DUE DATE _____