THE ANTI-CRUELTY SOCIETY
A Commitment to Caring *Since 1899*

Foster Kitten Activity Sheet

Thank you for volunteering to foster one or multiple kittens for The Anti-Cruelty Society!

Please complete this worksheet during the course of your foster time and turn it in to our Receiving Department when dropping off your foster/s. This sheet will help us ensure that each kitten is receiving age-appropriate socialization and exposure to sights, sounds and experiences that will help them build a proper behavioral foundation.

Foster Volunteer Name_____

Foster Kitten Pick-Up Date_____ Foster Kitten Return Date _____

Name of Kitten	Physical Description	Sex

Kittens raised in an enriched, stimulating environment have a more complex web of neuro-pathways. They are better able to handle changes and stress, have better problem solving abilities and are less nervous/hyperactive. To encourage this level of development – practice each of the following exercises for 3 to 5 seconds once a day.

· **Tactile stimulation** - holding the kitten in one hand, gently stimulate (tickle) the kitten between the toes on any one-foot using a Q-tip. It is not necessary to see that the kitten is feeling the tickle.
· **Head held erect** - using both hands, hold the kitten perpendicular to the ground, (straight up), so that its head is directly above its tail. This is an upward position.
· **Supine position** - hold the kitten so that its back is resting in the palm of both hands with its muzzle facing the ceiling. While on its back, the kitten is allowed to struggle.
· **Thermal stimulation** - use a damp towel that has been cooled in a refrigerator for at least five minutes. Place the kitten on the towel, feet down. Do not restrain it from moving.

Age Specific Exercises:

Age 4 to 6 weeks

- 10 minutes of individual handling/gentle restraint apart from litter each day
- Routine inspection/restraint – include nail trims
- Introduce short car rides while in carrier(if no car – short walks in a carrier through the neighborhood)
- Provide an appropriate scratching post
- Provide safe hiding places for stalking and chasing toys and littermates
- Increase level/proximity of household noises
- Begin meeting safe, friendly dogs and other animals when possible
- Begin meeting new people and older children

Date	Describe Activities Completed

Age 6 to 9 weeks

- 10 minutes of individual handling/play apart from litter each day
- Provide three dimensional access –cat trees, climbing poles, easy access shelves, etc.
- Provide safe hanging/dangling toys
- Continue inspection/gentle restraint – include brushing
- Continue meeting new people and children of all ages (supervised only)
- Begin teaching bite and scratch inhibition

Date	Describe Activities Completed