

# Daily Routine: Kitten

Depending on the owner's schedule and the individual kitten's preferences for activities, here is one example of what a daily routine might look like for a kitten.

Activity
<b>Morning activities performed between 6-9 am:</b>
5 minute play session with wand toy
1 minute training session (10 small treats used)
Set out "new toys" and hide foraging toys
+/- time on the patio or a leash walk
<b>Evening activities performed between 4-8 pm:</b>
5 minute play session with wand toy
1 minute training session (10 small treats used)
Provide foraging toys +/- time on the patio or a leash walk

Between the hours of 6 a.m. and 9 a.m. the owner engages the cat in 5 minutes of play with an appropriate interactive toy. Followed this with a 1-minute training session working on go to place and come when called behaviors. The owner counts out 10 treats and ends the session once the treats are gone. The treats could be pieces of the cat's regular dry food, a lick of canned cat food, or a commercially available cat treat divided into 2 to 4 pieces. Most commercially available cat treats, although small, can be broken into 2-4 pieces.

At the completion of the training session the pet owner rotates out some toys, hides foraging toys including food puzzle toys. If applicable, the cat owner may provide time outside on a patio or take the cat for a leash walk in the yard.

In the evening between 4 p.m. and 8 p.m., the cat owner repeats the play, training, and exploration sessions. More sessions can be offered throughout the day, and the length of the sessions can be longer.

**This is just a guide of a minimum of activities to perform on a routine basis.**