FREE MINI-GUIDE · NEW KITTENS

The First 7 Nights

A calm-night plan for your new kitten.



free 10-page guide · notes from Maple

Written from public veterinary and shelter guidance. Not affiliated with any of these groups.
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NIGHT 0

Why he cries at 3 a.m.



Night one is often loud. It usually passes.

Last week he slept in a pile of siblings. Tonight the room is quiet, the floor is new and nobody smells right. Crying in the first nights is **common**. It is not a sign you did something wrong.

- The place is new: sounds, smells, space.
- He misses the pile: mom and littermates.
- He is small and may be hungry, cold or just wide awake. Crying plus refusing food? Call your vet.
- He has energy. Kittens run in short bursts, day and night.

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BEFORE YOU START

What not to do



No scolding, no spray bottle
He is not being bad. Fear plus punishment makes nights longer.



No 3 a.m. party
Food and play every time he cries teach him that 3 a.m. is fun.



No whole-house roaming
A big dark house is scary. One small room first.



Don't wait if something seems off
Vomiting, diarrhea, hard breathing, very limp, or refusing food? Call your vet or an emergency clinic right away.

MAPLE THINKS

Tell me once that you are here. Then let me sleep.

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Nights 1 to 3

One rule for all three: **same order, same time, one calm check.**

1. 

   Night 1. Small room, carrier door open, soft bed inside. Do the 10-minute ritual (page 6). Lights low, leave quietly. If he cries, check on him **once**: low voice, one gentle touch, out.

2. 

   Night 2. Same time, same order. Do the ritual 15 minutes earlier so he is sleepy before you leave. Some kittens cry less tonight.

3. 

   Night 3. Add a "mom smell" (page 7). Longer play before dinner. Some kittens still cry. That is common on Night 3.

It's fine to sit on the floor next to his bed the first nights. Move a little farther away each night.

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Nights 4 to 7

1.  **Night 4.** Sit by the door instead of by the bed. Keep the check to one.
2.  **Night 5.** Make the small meal the last step of the ritual, then sleep (portions: ask your vet).
3.  **Night 6.** If house noises wake him, try soft white noise, played low and across the room.
4.  **Night 7.** Look back: what worked? Keep that. If a night goes badly, run the same plan again. This isn't a test.



honest note

Some kittens settle in two nights. Some take two weeks.



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EVERY EVENING

The 10-minute evening ritual

Cats hunt, eat, wash and sleep. Copy that order. This is what we do, not a rule.

1. **Play (4 min)**
   Wand toy, a few chases, end with a toy he can catch (never your hands).

2. **Feed (2 min)**
   A small meal, as your vet advises. Quiet room.

3. **Wash (2 min)**
   Let him wash. Ask your vet if a soft brush is okay at his age.

4. **Sleep (2 min)**
   Lights down, door set, leave without a big goodbye.



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THE SPOT

Set up his sleeping spot



snug, low, away from drafts

- **Warm:** a soft bed away from drafts. Ask your vet before adding any heat source.
- **Hide:** a covered bed or open carrier, so he can tuck in.
- **Mom smell:** a blanket or toy from the breeder or shelter, if you can get one.
- **Sound:** soft white noise, low and across the room, if the house is loud. Turn it off if he seems stressed.
- **Near but apart:** litter box in the same room, not beside the bed.

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COMMON NIGHTS

What to do when...



He cries when I leave

Common on Nights 1 to 3. Ritual, one check, same every night.



He is wild at 2 a.m.

Add more play earlier in the evening. Do not play at 2 a.m.



He hides and is quiet

Common at first. Keep water and food within reach. Skipping meals? Call your vet today.



He missed the litter box

Show him the box after waking. If it keeps happening, ask your vet.



He wants to sleep on me

Cuddles are fine. Move him to his own bed once he is drowsy.

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WHAT COMES NEXT

Nights are week 1. Then what?

Once nights settle, three things usually show up in weeks 2 to 6:



Biting and scratching
Play bites, hands, ankles. What to do and what not to.



Litter and setup
Where, what kind, and the first-week checklist.



Meeting kids and pets
How to introduce them in short, calm steps.



The first vet visit
What to bring and what to ask.

We cover all of this in **The 6-Week Kitten Plan**: 49 pages of week-by-week steps.

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YOUR NEXT STEP

Ready for weeks 2 to 6?

The 6-Week Kitten Plan is $12. No code needed: the price is the price. The Fridge Companion bonus comes with it.

GET IT HERE

Open the plan ($12)
kittenplan.s.gy/mini

General information only, not veterinary advice. Every kitten is different. If your kitten is sick, hurt, or may have eaten something harmful, call your vet or an emergency animal hospital right away.

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