



FELINE PREGNANCY

A Natural Guide for Everyday Cat Owners

UNDERSTANDING CANINE PREGNANCY

Pregnancy in cats is a beautiful and instinctive time that requires attentive care, balanced nutrition and a calm environment. A healthy cat not only nurtures her growing kittens, but also prepares her own body for birth and lactation. From conception to birth, a naturopathic approach focuses on supporting your cats natural physiology and emotional wellbeing.

GESTATION

The average gestation for cats is approximately **9 weeks (63 - 67 days)**.

It's important to remember that each cat is individual, a variation of a couple of days on either side of this timeframe is considered normal.

Just like humans, a cats pregnancy is divided into three trimesters, each marking a key stage of kitten development and maternal change:

- **First Trimester (Weeks 1-3):** Early development and implantation.
- **Second Trimester (Weeks 4-6):** Steady growth and increasing nutritional needs.
- **Third Trimester (Weeks 7-9):** Rapid foal growth and preparation for birth.

Understanding these stages helps you tailor the queens nutrition, environment, and care to best support both her health and the developing kittens throughout the entire pregnancy.

ENVIRONMENTAL MANAGEMENT

- Creating a calm and safe environment for your cat is fundamental for ensuring a problem-free pregnancy.
- Provide a quiet, warm nesting box with low lighting, away from other pets and easy access to water and a litter tray.
- Encourage gentle, regular movement in the form of play or stretching.
- Maintain a calm emotional atmosphere.
- Keep litter trays clean and accessible. Ensure she has easy access to them.

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NATUROPATHIC DIETARY SUPPORT

Nutrition during pregnancy is about balance, not excess. Overfeeding can cause birthing complications, while deficiencies may lead to poor milk production and weak kittens.

General feeding tips:

- Feed high quality, fresh protein. Excellent sources include ethically sourced chicken, beef, turkey, lamb, organ meats. *Taurine deficiency can cause miscarriage and birth defect. Raw meat is a whole food source.*
- Increase calories slowly, offering no more than 20% on top of normal food intake between 5-9 weeks.
- Focus on moisture-rich foods and consider adding additional moisture to meals.

EARLY TO MID PREGNANCY (CONCEPTION - 6 WEEKS)

Nutrient demands remain close to maintenance. Overfeeding early can cause excess weight, which may complicate birth. Avoid changing protein sources suddenly as this can cause nausea.

Prioritise high protein diets with natural taurine from animal sources. Avoid high carbohydrate and processed food. Calories may be increased by 10-20% between weeks 4-6 with smaller, more frequent meals.

LATE PREGNANCY (LAST 7-9 WEEKS)

Nutrient needs arise but the stomach capacity shrinks. During this time nutrient density and moisture are crucial. Continue to feed smaller, more frequent meals. Depending on the litter size, she may need 25% to 50% more calories than are normally required.

This can be increased with more fresh meat, organ meats (heart and liver) once weekly and fish (such as sardines) as a source of protein, omegas and calcium. Avoid increasing calories with carbohydrates, these are not tolerated well in cats.

GREENPET PRODUCT RECOMMENDATIONS

BONE BROTH

Provides nutrients and moisture in an easy to digest form. Aides in nausea and improves digestion.

PROBIOTIC

Support digestion, nutrient absorption and immunity.

SEAWEED MEAL

Offers many trace minerals in a gentle, whole-food form.

TRIPE MEAL TOPPER

Nutrient dense, highly digestible superfood which is a gentle form of offal.



USE OF HERBS IN PREGNANT CATS

Choosing herbs that are safe during pregnancy is essential when supplementing your pregnant cat. While many herbs offer wonderful benefits for digestion, calmness and wellbeing - not all are safe for use during pregnancy. A pregnant cat's system is incredibly sensitive, and certain herbs may stimulate the uterus, alter hormones, or even affect developing kittens.

Always use pregnancy safe herbs in small doses, avoiding anything stimulating or too detoxifying. When in doubt, seek advice from a natural pet health care professional.

SAFE HERBS FOR PREGNANT CATS

- **Slippery Elm** - supports digestion and nausea.
- **Marshmallow Root** - soothes and protects the stomach lining.
- **Catnip** - may calm or mildly stimulate.
- **Kelp** *in miniscule amount* - source of trace minerals.

GENERAL GUIDANCE AROUND HERBS FOR PREGNANT CATS

Cats systems are far more sensitive to herbs than those of other companion animals. Avoid use of essential oils internally or externally and limit exposure to them at all times. When introducing a new herb to your pregnant cat, begin with the smallest possible dose. If any adverse reactions occur after introduction of a pregnancy safe herb (vomiting, diarrhoea, behaviour changes) discontinue use immediately.

The information in this guide is intended for general educational purposes and reflects our experience supporting animal health using natural diet, lifestyle, and holistic care principles. It is not a substitute for professional veterinary advice, diagnosis, or treatment.

This guide is designed to support overall wellbeing during pregnancy and is not intended to treat, cure, or prevent any disease or medical condition. Every animal is an individual, and pregnancy can present unique health considerations. Always seek veterinary guidance if you have concerns about your animal's health, fertility, or pregnancy progression.

Do not discontinue any prescribed medications without veterinary supervision, as some medications may require gradual adjustment. For any complications or emergencies during pregnancy, please contact your veterinarian promptly.