

The Pre-Baby Cat Prep Checklist

THE BETTER CAT BEHAVIOR 4-STEP PRE-BABY PROTOCOL™

A trimester-by-trimester plan so your cat's routine changes gradually, not all at once.

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Estimated completion time: 10–15 minutes, spread across your pregnancy

Cats start picking up on change during pregnancy itself, not the day the baby comes home. This checklist breaks the full preparation guide into four stages so nothing gets crammed into the final weeks. For the reasoning and research behind each item, see the full guide: *How to Prepare Your Cat for a New Baby* at bettercatbehavior.com.

1 Observe

first trimester

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| ☐ Log current feeding times | ☐ Note which rooms your cat uses, and when |
| ☐ Log current play times | ☐ Notice any early changes in your cat linked to your own energy or mood |
| ☐ Note where your cat sleeps and rests during the day | ☐ Do not change anything yet, this stage is just information |

2 Rehearse

second trimester

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| ☐ Shift feeding times gradually, 15–20 min every few days | ☐ Allow face-rubbing and scent-marking on new objects |
| ☐ Start closing any room that will be off-limits later | ☐ Don't punish curiosity about new items |
| ☐ Let your cat investigate nursery furniture while it's still just furniture | ☐ Keep a consistent daily play session in place |

3 Desensitize & secure

third trimester

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| ☐ Play baby-sound recordings at a barely audible volume during meals or play | ☐ Skip synthetic pheromone diffusers; prioritize the safe space and daily play instead |
| ☐ Raise the volume only once the current level gets zero reaction | ☐ Ask your vet about a natural, milk-protein-derived calming supplement if your cat is already anxious |
| ☐ Drop back a level if you see any stress response, don't rush it | ☐ Run a full "day in the life" rehearsal of the routine you expect after the birth |
| ☐ Vary the room and time of day for sound sessions | |
| ☐ Confirm a hiding space, a resting spot at height, food, water, and a litter box are all set up away from the baby's space | |

4 After the birth

first weeks home

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| ☐ Send home a worn baby blanket or onesie a day or two before the baby, if possible | ☐ Let your cat approach the baby on their own terms, from a distance, when calm |
| ☐ Let your cat investigate the scent item at their own pace, treats nearby | ☐ If your cat retreats more than usual, leave that space alone, don't go and reassure them there |
| ☐ Protect feeding times and one short daily play session above everything else | ☐ Recheck your trimester-one baseline notes around week six |

⚠️ Two fears you can let go of

MYTH

Toxoplasmosis means I have to rehome my cat. Oocysts aren't infectious for 24 hours, so daily litter box cleaning by someone else removes the risk. No medical reason to give up a resident cat over this.

MYTH

Cats steal a baby's breath. Centuries-old folklore, no basis in feline behavior. The real safety rule is standard, unsupervised-free infant sleep, same as it would be without a cat in the house.

Need help if your cat is already struggling?

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Better Cat Behavior

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Full guide, research, and FAQ: bettercatbehavior.com/post/prepare-cat-for-new-baby