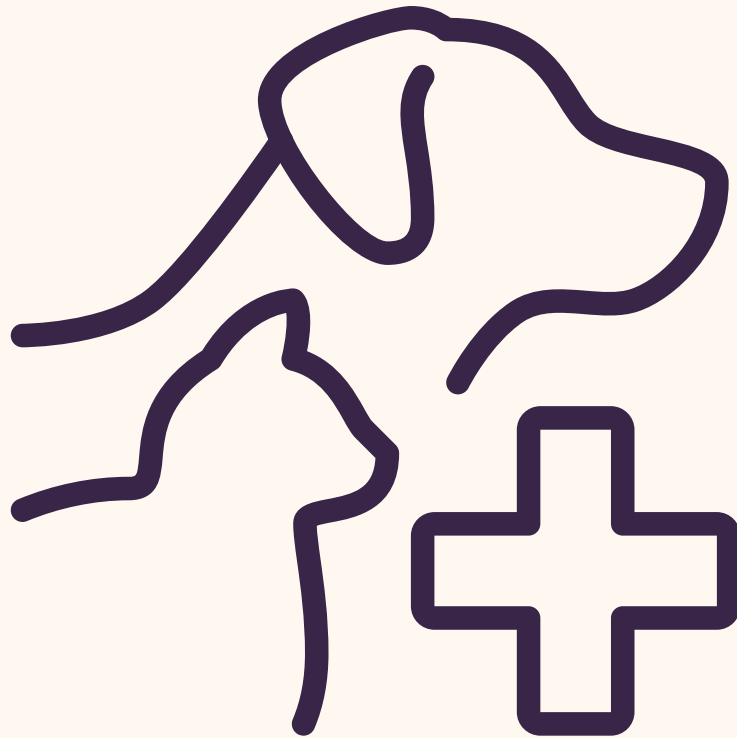


The First 6 Months

Practical tools to guide every pediatric visit



Our Partnership Pledge

This is an educational tool, not a substitute for professional veterinary advice. It is designed to empower veterinarians to improve pediatric care through structured visits, nutrition, and growth monitoring.

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Touchpoints = Lifelong Health

Each touchpoint is a chance to build lifelong health

Pediatric Touchpoints Overview

 **Assessment Schedule:** One assessment per month until 6 months, then one every 3 months until adult size is reached

Puppy/Kitten Timeline

2-3m

First Vaccines & Initial Assessment

Begin growth monitoring and establish baseline

4m

Monthly Check

Growth chart update, nutritional assessment

5m

Monthly Check

Spay/neuter discussion, behavior evaluation

6m

Mid-Growth Assessment

Transition to quarterly checks

9m

Quarterly Check

Pre-adult assessment

12m

Booster Vaccines & Assessment

Continue quarterly until adult size

When Puppies & Kittens Reach Adult Size

Species/Breed	Adult Size Age
KITTENS	
Standard Cats	12 months
Maine Coons & Giant Cats	15 months
PUPPIES	
Chihuahua	8 months
Small Breed (<10kg adult weight)	10 months
Medium Breed (10-25kg adult weight)	12 months
Large Breed (25-45kg adult weight)	15 months
Giant Breed (>45kg adult weight)	18-24 months

ACTION POINTS

- ✓ Weigh and assess Body Condition Score at each visit
- ✓ Plot data on growth charts
- ✓ Perform nutritional assessments at every touchpoint
- ✓ Deliver pre-defined health messages consistently

Smart Nutrition = Healthy Growth

Foundation for lifelong health starts with proper nutrition

Key Nutritional Messages

WHAT

Growth diet until adult size

No unnecessary supplements

Less than 10% calories from treats

Transition timing based on breed

HOW

Puppies: Always meal-fed, dry food only recommended

Kittens: Free-fed or meal-fed, always consider mixed feeding (dry + wet)

Enrichment feeding encouraged

Structured feeding schedules

HOW MUCH

Use kitchen scale daily

Adjust by 10% increments

Follow feeding guidelines

Track with growth curves

Proper nutrition during growth determines adult health outcomes

ACTION POINTS

- ✓ Recommend complete growth diet until adult size is reached
- ✓ Limit treats to less than 10% of daily calories; no table scraps
- ✓ Avoid unnecessary supplements when feeding balanced diets
- ✓ Use enrichment to support behavior and reduce stress
- ✓ Weigh daily rations with a kitchen scale
- ✓ Adjust feeding amounts using growth charts

Team Approach = Complete Care

Structured consults ensure no key message is missed

Pediatric Consult Snapshot: 4 Months



Team Responsibilities at 4-Month Visit

Receptionist

Nutrition basics (HOW)

Feeding amounts (HOW MUCH)

Exercise guidelines

Veterinary Nurse

Growth chart plotting

Spay/neuter discussion (WHY)

Insurance information

Behavior assessment

Veterinarian

Flea/tick prevention

Spay/neuter timing (WHEN)

Vaccination schedule

Diet recommendations (WHAT)

Why it matters: A structured consult ensures no key message is missed

ACTION POINTS

- ✓ Define each team member's role before the consult
- ✓ Deliver consistent messaging across staff
- ✓ Ensure nutrition, vaccination, growth, and behavior are covered
- ✓ Use shared resources such as charts, handouts, and checklists

Prevention = Better Outcomes

Identifying and avoiding common mistakes in pediatric care

Avoid These Common Mistakes



Overfeeding

Most common mistake leading to obesity. Use growth charts to monitor.



Free-feeding puppies

Puppies need structured meals, not constant food access.



Skipping growth data plotting

Without tracking, problems become visible too late.



Unnecessary supplementation

Balanced growth diets provide complete nutrition.



Missing pediatric touchpoints

Each visit is critical for timely interventions.



Ignoring breed-specific needs

Giant breeds and toy breeds have different requirements.

Fixing these mistakes early prevents lifelong issues

ACTION POINTS

- ✓ Do not overfeed; monitor with growth charts
- ✓ Avoid free-feeding puppies; structured meals are best
- ✓ Never skip plotting growth data at visits
- ✓ Do not recommend supplements unless medically indicated
- ✓ Ensure every pediatric touchpoint is scheduled and respected

Evidence-Based Practice

Supporting your protocols with scientific literature

Scientific Resources

 **Note:** All links below are clickable! Click on any link to access the resource directly.

HOW TO USE THESE RESOURCES

- ✓ Review the scientific references provided
- ✓ Use them for deeper exploration of pediatric care
- ✓ Share with colleagues to support evidence-based practice
- ✓ Download growth charts and tools for clinical use

Resource Links

 [Pediatric Kitten Growth Charts \(in LBS\)](#)


 [Pediatric Puppy Growth Charts \(in LBS\)](#)


 [Donut Chart Tool](#)


 [WALTHAM™ Puppy Growth Charts](#)


 [WALTHAM™ Kitten Growth Charts](#)

 [Growth standard charts for monitoring bodyweight in dogs of different sizes](#)

 [Comparison of growth patterns in healthy dogs and dogs in abnormal body condition using growth standards](#)

 [Growth standard charts for monitoring bodyweight in intact domestic shorthair kittens from the USA](#)

 [Comparison of growth in neutered Domestic Shorthair kittens with growth in sexually-intact cats](#)

 [Overweight and obese body condition in ~4.9 million dogs and ~1.3 million cats seen at primary practices across the USA: Prevalences by life stage from early growth to senior](#)

 [How Big Will My Puppy Get? A Complete Growth Guide for Dog Owners](#)

 [How Big Will My Kitten Get: Understanding Growth, Stages & Factors](#)

Evidence-based practice leads to better patient outcomes



for Raising the Standard in Pediatric Care

Your decision to structure pediatric visits, use growth charts, and build evidence-based protocols is what sets you apart. You are shaping a future where more puppies and kittens thrive, and where owners feel guided and supported from the very first visit.

You are part of a new generation of veterinary professionals: proactive, science-led, and committed to healthier outcomes for every patient.

Click [HERE](#) to subscribe to my newsletter

Let's continue building that future - together.

Dr. E