FREE PRINTABLE FOR FAMILIES

Pet Care Planner

What your pet needs every day, every week and every few months, on one page you can stick on the fridge. Pair it with phone reminders from childhoodpets.com/free-printables/pet-care-planner/.

Dog · Cat · Guinea Pig · Hamster · Cockatiel · Budgie · Finch · Leopard Gecko · Bearded Dragon · Chinchilla · Fish

How to use it

1. **Print your pet's page.**
   Put it on the fridge or near the cage, tank or food bin.
2. **Fill in the top.**
   Your pet's name, your vet's phone number and the nearest emergency vet.
3. **Share out the jobs.**
   "Kids can help" jobs suit children with a grown-up checking. "Grown-up" jobs need an adult.
4. **Tick and date it.**
   Tick a box for each week's jobs, and write the date when you do the monthly and yearly ones.

Reading the planner

Kids can help A child can do it, or help, with a grown-up checking it really got done.

Grown-up Medicines, nail trims, deep cleans, vet visits and anything with heat, chemicals or handling risks.

Weekly How often. Numbers like [3] point to the sources below. A dagger (†) means no source gives a fixed interval, so we give a common starting point.

Sources

1. Merck Veterinary Manual: Routine Care of Guinea Pigs
2. Merck Veterinary Manual: Providing a Home for a Hamster
3. Merck Veterinary Manual: Routine Health Care of Hamsters
4. Merck Veterinary Manual: Chinchilla Care Checklist
5. Merck Veterinary Manual: Importance of Veterinary Care in Pet Birds
6. Merck Veterinary Manual: Routine Health Care of Fish
7. Merck Veterinary Manual: Providing a Home for Fish
8. VCA Animal Hospitals: Leopard Geckos, Care and Feeding
9. VCA Animal Hospitals: Bearded Dragons, Feeding
10. AAHA-AVMA Canine Preventive Healthcare Guidelines
11. 2021 AAHA/AAFP Feline Life Stage Guidelines
12. AVMA: Pet Dental Care
13. CDC: Reptiles and Amphibians (Healthy Pets)
14. CDC: Cats (Healthy Pets)

Links to every source: childhoodpets.com/free-printables/pet-care-planner/#sources

A grown-up stays responsible
Kids can take on real jobs, but a pet's food, water, health and safety are always an adult's job. Check every day that the care really happened.

Not veterinary advice
General information for healthy pets; not reviewed by a vet. Young, older or unwell pets often need a different routine. Ask your vet, and for small pets, birds, reptiles and fish, one who treats exotic pets.

Dog Care Planner

Daily, weekly and monthly dog care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water†

Wash the bowl and refill with cool, fresh water

Daily · Kids can help

Meals†

Most adult dogs eat twice a day. A grown-up measures the amount your vet suggests

Twice daily · Kids can help

Walks, play and potty breaks†

Several outings a day. A grown-up holds the leash until child and dog are ready

Daily · Kids can help

Brush teeth†

Dog toothpaste only. Ask your vet first if the mouth seems sore

Daily · Grown-up

Each week

Brush the coat†

More often for long or double coats

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Ear, paw and skin check†

Look for redness, cuts, lumps or ticks

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Wash the bed and toys†

Hot wash, dry fully

Every 2 weeks · Grown-up

Last done _____

Nail trim†

When nails click on the floor. A groomer or vet can help

Monthly · Grown-up

Last done _____

Flea, tick and heartworm prevention[10]

Exactly as your vet prescribes; many products are monthly

Monthly · Grown-up

Last done _____

Twice a year & yearly

Wellness checkup[10] [12]

At least once a year; vets often suggest more for puppies and seniors. Includes a teeth check

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Teach kids to leave a dog alone while it eats, sleeps or chews.
- Puppies need more meals and more potty breaks than this schedule shows. Follow your vet's puppy plan.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Cat Care Planner

Daily, weekly and monthly cat care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water†

Rinse and refill the bowl or fountain

Daily · Kids can help

Meals†

Measured meals, often split into two or more a day

Twice daily · Kids can help

Scoop the litter box [14]

Daily scooping also lowers toxoplasmosis risk. Wash hands after

Daily · Kids can help

Play time†

Wand toys or chase games; put strings away after

Daily · Kids can help

Brush teeth†

Cat toothpaste only, if your cat accepts it. Ask your vet how to start

Daily · Grown-up

Each week

Brush the coat†

Long-haired cats need it more often

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Empty, wash and refill the litter box†

With clumping litter; more often for other litters

Every 2 weeks · Grown-up

Last done _____

Claw trim†

Front claws usually grow fastest

Every 2 weeks · Grown-up

Last done _____

Parasite prevention [11]

As your vet prescribes; guidelines favor year-round protection

Monthly · Grown-up

Last done _____

Twice a year & yearly

Wellness checkup [11] [12]

At least yearly for kittens and adults; every 6 months for cats over 10. Includes a teeth check

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Anyone who is pregnant should not scoop litter (CDC).
- A cat that hides, stops eating or strains in the litter box needs a vet the same day.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Guinea Pig Care Planner

Daily, weekly and monthly guinea pig care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Hay, all day[1]

Top up so there's always a big pile of grass hay

Twice daily · Kids can help

Fresh leafy greens[1]

A grown-up picks safe greens with vitamin C. Remove leftovers

Daily · Kids can help

Fresh water[1]

Refill the bottle and check the spout flows

Daily · Kids can help

Spot-clean the cage[1]

Scoop wet bedding and droppings

Daily · Kids can help

Floor time and health look†

Hold only while sitting on the floor. Eyes, nose, eating normally?

Daily · Kids can help

Each week

Thorough cage clean[1]

New bedding, wash dishes and hides

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Brush the fur[1]

Gentle strokes; long-haired breeds need more

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Weigh-in†

Kitchen scale in grams. A drop can be an early sign of illness

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Nail trim[1]

Every few weeks, by a grown-up or a vet

Monthly · Grown-up

Last done _____

Twice a year & yearly

Checkup with an exotic-pet vet[1]

At least once a year

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Guinea pigs can't make vitamin C, so it must come from their food every day.
- Not eating for even a day is urgent. Call a vet who treats exotic pets.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Hamster Care Planner

Daily, weekly and monthly hamster care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water[2]

Clean and refill the bottle or bowl, usually daily

Daily · Kids can help

Food and a quiet hello[2]

In the evening when your hamster wakes. Treats stay under 10% of the diet

Daily · Kids can help

Each week

Spot-clean the pee corner†

Scoop it out and add a little fresh bedding

Every 2 days · Kids can help

Health check[3]†

Eyes, teeth, wet bottom, eating normally? Tell a grown-up

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Part cage clean†

Swap some bedding and wash dishes. Keep some old bedding so it smells like home

Every 2 weeks · Grown-up

Last done _____

Twice a year & yearly

Vet checkup[3]†

Soon after you get your hamster, then as your exotic-pet vet advises

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Hamsters sleep in the day. Waking one is a common cause of bites, so plan care for the evening.
- A wet bottom or diarrhea needs a vet who treats exotic pets the same day.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Cockatiel Care Planner

Daily, weekly and monthly cockatiel care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water and food†

Clean dishes, fresh water, refill pellets or seed

Daily · Kids can help

Fresh veggies†

Remove leftovers after a few hours

Daily · Kids can help

Change the cage paper†

Check droppings look normal while you do it

Daily · Kids can help

Out-of-cage time†

Windows shut, ceiling fan off, other pets out of the room

Daily · Grown-up

Each week

Scrub perches, dishes and toys†

Hot water, rinse well, dry before putting back

Weekly · Grown-up

Wk ☐ ☐ ☐ ☐ ☐

Rotate a toy†

Keeps the cage interesting

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Deep clean the cage†

Bird-safe cleaner only, with the bird in another room

Monthly · Grown-up

Last done _____

Twice a year & yearly

Avian vet checkup[5]

Every year, including nails and beak

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Fumes from overheated nonstick (PTFE) pans, aerosols and scented candles can kill birds.
- Birds hide illness. A fluffed-up, quiet bird needs an avian vet soon.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Budgie Care Planner

Daily, weekly and monthly budgie care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water and food†

Clean dishes, fresh water, blow away empty seed husks

Daily · Kids can help

Fresh veggies†

Remove leftovers after a few hours

Daily · Kids can help

Change the cage paper†

Check droppings look normal

Daily · Kids can help

Out-of-cage or chat time†

Room check first: windows, fans, other pets

Daily · Grown-up

Each week

Scrub perches, dishes and toys†

Hot water, rinse well

Weekly · Grown-up

Wk ☐ ☐ ☐ ☐ ☐

Rotate a toy†

Budgies get bored quickly

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Deep clean the cage†

Bird-safe cleaner, bird in another room

Monthly · Grown-up

Last done _____

Twice a year & yearly

Avian vet checkup[5]

Every year

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Keep nonstick-pan fumes, aerosols and candles away from the bird's air.
- Budgies are social; a pair or lots of daily attention keeps them happy.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Finch Care Planner

Daily, weekly and monthly finch care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water and seed†

Blow away husks; finches can starve with a bowl full of empty shells

Daily · Kids can help

Bath dish†

Shallow dish of fresh water; remove it after bath time

Daily · Kids can help

Change the cage paper†

Check droppings look normal

Daily · Kids can help

Watch time†

Finches prefer watching to handling. Check everyone is active and eating

Daily · Kids can help

Each week

Scrub perches and dishes†

Hot water, rinse and dry

Weekly · Grown-up

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Deep clean the cage†

Bird-safe cleaner

Monthly · Grown-up

Last done _____

Twice a year & yearly

Avian vet checkup[5]

Every year

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Finches live in pairs or groups; watch for bullying at the food dish.
- A bird that sits fluffed up on the cage floor needs an avian vet soon.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Leopard Gecko Care Planner

Daily, weekly and monthly leopard gecko care at a glance

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water[8]

Rinse and refill the shallow dish

Daily · Kids can help

Check the thermometers†

Warm side and cool side. A grown-up fixes anything off

Daily · Kids can help

Spot-clean[13]†

Scoop poop from the toilet corner, then wash hands

Daily · Kids can help

Each week

Feeding (adults)[8]

Adults 2 to 3 times a week; juveniles every 1 to 2 days. Dust insects as your vet advises

2–3× a week · Grown-up

Mist the humid hide†

Keep the moss damp, not soaking

Every 2 days · Kids can help

Shed and weight check†

Stuck skin on toes or tail? Tail getting thinner?

Weekly · Kids can help

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Deep clean the enclosure[13]†

Replace or wash substrate and decor. Clean away from the kitchen

Monthly · Grown-up

Last done _____

Twice a year & yearly

Reptile vet checkup[13]†

Regular checkups with an exotic-pet vet

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- CDC: children under 5 shouldn't touch reptiles, and everyone washes hands after touching a gecko or its tank.
- Never wash tank gear in the kitchen sink.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Bearded Dragon Care Planner

Daily, weekly and monthly bearded dragon care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water [9]

Change and disinfect the bowl

Daily · Kids can help

Fresh greens †

Chopped salad; remove leftovers

Daily · Kids can help

Check temperatures and UVB on †

Basking spot and cool side

Daily · Kids can help

Spot-clean [13] †

Remove poop, then wash hands

Daily · Kids can help

Each week

Insect feeding (adults) [9]

Adults every 1 to 3 days; young dragons once or twice daily. Calcium dusting as your vet advises

Every 2 days · Grown-up

Warm soak [9]

A few times a week, shallow warm water, always supervised

2–3× a week · Grown-up

Every few weeks

Deep clean the enclosure [13] †

Away from the kitchen

Monthly · Grown-up

Last done _____

Twice a year & yearly

Replace the UVB bulb †

UVB fades before the light looks dim. Follow the bulb maker's timing

Every 6 months · Grown-up

Last done _____

Reptile vet checkup [13] †

Regular checkups with an exotic-pet vet

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- CDC: children under 5 shouldn't touch reptiles; bearded dragons have been linked to Salmonella outbreaks.
- Waxworms and superworms are occasional treats, not daily food.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Chinchilla Care Planner

Daily, weekly and monthly chinchilla care at a glance

Childhood Pets.com

Pet's name _____ Vet & phone _____ Emergency vet _____

Every day

Fresh water, food and hay[4]

Pellets, unlimited hay, about 1 teaspoon of veggies

Daily · Kids can help

Dust bath[4]

About 10 minutes, then take the bath out

Daily · Kids can help

Supervised exercise[4]

About 2 hours in a chin-proofed room

Daily · Grown-up

Change the bedding[4]

Fresh bedding where it's soiled

Daily · Kids can help

Check the room temperature†

Chinchillas overheat easily; keep the room cool

Daily · Kids can help

Each week

Clean bowls and water bottle[4]

Wash and rinse

Every 2 days · Kids can help

Clean and disinfect the whole cage[4]

Pet-safe disinfectant, rinse and dry

Weekly · Grown-up

Wk ☐ ☐ ☐ ☐ ☐

Twice a year & yearly

Checkup with an exotic-pet vet†

Yearly, including teeth

Yearly · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Never bathe a chinchilla in water; use dust only.
- Drooling, not eating or small droppings need an exotic-pet vet quickly.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Meds / vaccines _____

Weight _____

Fish Care Planner

Daily, weekly and monthly fish care at a glance

Childhood Pets.com

Tank _____ Vet & phone _____ Emergency vet _____

Every day

Look at every fish [6]

Swimming normally? Fins, eyes and appetite OK?

Daily · Kids can help

Check temperature and filter [6]

Thermometer reading, filter running

Daily · Kids can help

Feed [6]

A small amount; remove what isn't eaten

Daily · Kids can help

Each week

Top up and wipe algae [6]

Add treated water for evaporation, clean the glass and lid

Weekly · Grown-up

Wk ☐ ☐ ☐ ☐ ☐

Every few weeks

Test the water [6]

Ammonia, nitrite, nitrate and pH

Every 2 weeks · Grown-up

Last done _____

Partial water change [6] [7]

Every 2 weeks for most tanks; bowls and small betta tanks need more, up to 50% a week

Every 2 weeks · Grown-up

Last done _____

Filter care [6]

Change or rinse cartridges in tank water, never tap water

Monthly · Grown-up

Last done _____

Twice a year & yearly

Check the lights and equipment [6]

Replace UV tubes; service pumps

Every 6 months · Grown-up

Last done _____

Notes from our vet

For grown-ups

- Unplug heaters and filters before hands go in the tank. Wash hands after.
- Find a vet who treats fish before you need one.
- A grown-up stays responsible for food, water, health and safety. If your pet seems unwell, call a vet.

Dates to remember

Next checkup _____

Last water test _____

Filter changed _____