VOKRA
VANCOUVER ORPHAN KITTEN RESCUE ASSOCIATION

How to Stop a Cat from Suckling

Suckling is usually harmless and often a sign of comfort. But if kittens are suckling on each other, especially genitals, it can lead to illness.

1. Offer a Replacement

If your cat targets a favorite blanket or sweater, provide an acceptable alternative:

- A plush, textured cat toy
- A soft pet knitted blanket you don't mind giving up
- A stuffed animal made for pets

This gives your kitten a safe object to satisfy the instinct.

2. Initiate a Play Session

When you notice your cat beginning to suckle, distract them with interactive play:

- Feather wands or fishing pole toys
- Small chase toys

Playtime redirects their attention and offers mental stimulation and bonding—often the comfort they were seeking.

3. Increase Enrichment

In older kittens, boredom or stress can make suckling more frequent. Provide:

- Daily interactive play
- Puzzle feeders or treat-dispensing toys
- Scratching posts and climbing trees

A more engaging environment can reduce the need to self-soothe.

4. Using Deterrents

Rubbing lemon or orange peels on the belly of the kittens that are being suckled can deter the one doing the suckling.