

KITTENS

Kitten Growth Week by Week: Weights and Milestones

Use a kitchen scale to estimate age and catch problems early. Normal weights from birth to eight weeks, and when to call a vet.

By Catt County Cat Nippers • Reviewed October 15, 2026 • 1 min read • 2 cited sources

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Weigh daily on a gram scale

Weight is the best early-warning sign in young kittens. Weigh at the same time each day on a digital kitchen scale and log it. Healthy kittens usually gain about 10–15 grams a day (roughly 70–100 grams a week).

Typical weights

- Newborn: 75–150 g
- 1 week: 150–250 g. Eyes begin to open around 1–2 weeks.
- 2 weeks: 250–350 g
- 3–4 weeks: teeth come in; kittens begin to walk and can start learning the litter box.
- 7 weeks: 750–850 g
- 8 weeks: 850–950 g. Typically old enough (about 2 lb) for spay/neuter at many clinics.

When to call a vet

For a kitten under four weeks, no weight gain or any weight loss over 24 hours is an emergency. Call a vet the same day.

Sources

1. Kitten Lady — How to Determine a Kitten's Age

<https://www.kittenlady.org/age>

2. ASPCA — Kitten Progression Chart (PDF)

https://www.aspcapro.org/sites/default/files/2023-08/aspca_kittenchart_2023.pdf