KITTENS

Kitten Age Chart: Weight and Milestones by Week

How old is this kitten? A week-by-week chart of weight, eyes, ears, teeth and behavior from birth to 10 weeks, how to tell its age by its teeth, and when to call a vet.

By Catt County Cat Nippers • Reviewed October 24, 2026 • 7 min read • 13 cited sources

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How old is this kitten?

Use a kitchen scale to estimate age and catch problems early. Weigh the kitten in grams, find that weight in the chart below, then check its eyes, ears, teeth and how it moves. Together they usually place a young kitten within a week or so.

Age decides what a kitten needs: a mother or a bottle every few hours, the first wet food, or a spay/neuter appointment. Just found kittens outside? Start with **what to do first**, and see **newborn kitten care** if they are on their own.

AT A GLANCE

- Eyes begin to open around 1–2 weeks.
- 3–4 weeks: teeth come in, first the tiny incisors, then the canines.
- Healthy kittens usually gain about 10–15 grams a day (roughly 70–100 grams a week).

Kitten growth week by week: weights and milestones

KITTEN AGE CHART, BIRTH TO 10 WEEKS

Age	Weight	Eyes and ears	Teeth	Moves and plays	Eats

Age	Weight	Eyes and ears	Teeth	Moves and plays	Eats
Newborn	75–150 g (about 3–5 oz)	Eyes closed; ears folded flat	None	Cannot stand; crawls and sleeps most of the day	Mother or bottle every 2 hours, day and night
1 week	150–250 g (about 5–9 oz)	Eyes begin to open at 8–12 days; ears begin to unfold	None	Lifts its head, pushes up on its legs	Bottle every 2–3 hours
2 weeks	250–350 g (about 9–12 oz)	Eyes open and blue; ears small and rounded	None yet	First wobbly steps	Bottle every 3–4 hours
3 weeks	350–450 g (about 12–16 oz)	Blue eyes; ears upright	Incisors (tiny front teeth)	Walking; can start learning the litter box	Bottle every 4–5 hours
4 weeks	450–550 g (about 1 lb)	Blue eyes, sight improving; ears fully upright	Canines (fangs)	Steady on its feet; starts to play	Bottle; weaning onto wet food can begin
5 weeks	550–650 g (about 19–23 oz)	Eye color may start to change	Premolars coming in	Runs short distances	Weaning onto wet food
6 weeks	650–750 g (about 23–26 oz)	Adult eye color starts to show	Premolars; most baby teeth in	Confident; grooms itself	Mostly wet food
7 weeks	750–850 g (about 26–30 oz)	Eyes turning gray, green or yellow	Baby teeth in or nearly in	Agile, playful	Weaned: wet food, some dry
8 weeks	850–950 g (about 2 lb)	Adult eye color	All 26 baby teeth	Jumps and explores	Solid food
9 weeks	1,060–1,090 g (about 2⅓ lb)	Adult eye color	26 baby teeth	Very active	Solid food
10 weeks	1,210–1,240 g (about 2¾ lb)	Adult eye color	26 baby teeth	Very active	Solid food

Normal weights from birth to eight weeks: Kitten Lady (4 weeks from her age calculator). 9 and 10 weeks: Alley Cat Allies. Milestones combine Kitten Lady, Alley Cat Allies and the ASPCA, which differ by up to a week. Kittens vary, so read weight together with the other signs, never alone.

Newborn to 1 week old

A newborn kitten's eyes are closed and its ears folded flat against its head. It cannot stand, cannot keep itself warm and cannot go to the bathroom on its own. It spends most of the day asleep, and eats every 2 hours around the clock, from its mother or a bottle.

By the end of the first week a healthy kitten has about doubled its birth weight, to 150–250 g. A kitten this young without its mother needs help today: see **newborn kitten care**.

This quick sheet is the start of the guide. Still to read: 2 and 3 weeks old, 4 weeks old, 5 to 7 weeks old and 7 more sections, plus the Foster Kitten Care Log: Feeding Chart & Weight Tracker. Read it all free when you join our pet health emails at cattcountycatnippers.org/articles/kitten-development-week-by-week-guide

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