

# Your Child's Visual Developmental Milestones



## 0-1 MONTH

Baby begins to focus on lights and objects up to 1.5 feet away and slowly follows moving objects up close



## 2-3 MONTHS

Baby begins making eye contact, tracking objects more smoothly with head and eyes, and smiles socially



## 3-4 MONTHS

Baby begins to reach for objects or faces, notices his/her hands, grasp objects and bring them to mouth, follow objects or people back and forth



## 5-7 MONTHS

Baby's eyes begin to appear more aligned; baby is making more purposeful movements toward objects and follows objects more than 6 feet away



## 8-10 MONTHS

Baby recognizes familiar faces and self in mirror, looks at small objects like cereal from at least 1 foot away



## 11-12 MONTHS

Baby begins to point at objects or pictures, looks for objects in a container, reacts to others' facial expressions and follows rapidly moving objects

# What can I do to help my baby's early visual development?



1

Your baby will be more likely to be visually alert if he/she is:

- well rested
- in a quiet, alert state
- well positioned - such as being held by you!

2

Get in close! More than anything else, babies love to look at YOU!

- Hold your baby and talk or sing
- Make silly faces
- Wear bright colors such as red lipstick, a hat or scarf

3

Keep the environment simple, free of clutter and limit sounds!

- Present one toy or object at a time
- Use solid colors for blankets and clothing
- Use mirror play at changing time while labeling body parts

4

Watch for certain visual responses:

- If you touch the forehead, he/she should blink
- The darks of the eyes (pupils) should get smaller in bright light
- The eyes should notice movement or anything different

## What can I do if I have concerns about my child's vision?

For immediate concerns, contact a pediatric ophthalmologist. For help with a referral to one in your area, please contact Blind Early Services TN (BEST) - we are here to help!

Contact your pediatrician, TEIS Service Coordinator or BEST to ask about a vision screening and evaluation to determine if an eye exam and/or vision services are recommended.

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BLIND EARLY SERVICES TN