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.

info@blindearlyservices.org
615-200-8006
www.blindearlyservices.org