

Vision Milestones

Birth to 12 Months

Out of all the senses, vision is the least developed at the time of birth. Vision development is completed around 6 months of age and coordination between the eyes is established around 12 months of age. Early detection of vision concerns can prevent long term issues.

Birth to 1 month

Vision is blurry during the infant's early weeks of life. Throughout the first 4 weeks, the infant may begin to:

- See objects 8-12 inches away from them.
- Look at caregiver's eyes.
- Blink in response to light.
- Stare at their surroundings.
- Look at black and white contrasts and patterns such as stripes and circles.
- Briefly look at lights and brightly coloured objects such as red, blue, or yellow.



1 to 3 Months

As the vision continues to form, the infant may begin to:

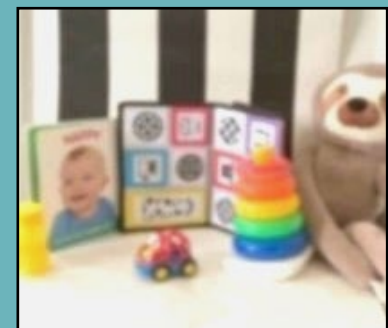
- See up to 3 feet away.
- Look at the caregiver's face.
- Track objects from side to side and up and down with their eyes.
- Notice and observe their hands and breast/bottle.
- Look at objects that are bright colours such as red, blue, or yellow.



3 to 6 Months

By 4 months, the infant can see several feet in front of them and they can track moving objects. As the vision continues to form, the infant may begin to:

- Smile and laugh when they see their caregiver.
- Move their eyes independently from their head.
- Look in the direction of sound.
- Begin to reach for nearby or dangling objects.
- Observe toys or objects falling and rolling away from them.



6 to 9 Months

As the infant's eye coordination continues to develop, the infant may begin to:

- Look for objects that have been dropped.
- Move toward an object.
- Notice small objects such as puff cereal.
- Observe activities around them for longer periods of time.



9 to 12 Months

As the infant's eye coordination continues to develop, the infant may begin to:

- Recognize people and objects from across the room.
- Move their eyes inward when objects move closer to their nose.
- Have similar vision to an adult by 12 months of age.



Ways to promote healthy vision:

- Eat healthy food.
- Wear sunglasses/hat to protect eyes from the sun.
- Minimize screen time.
- Take part in regular eye exams.

Please contact a health care professional if you notice any of the following:

- Swollen eyes or the presence of crust or bumps.
- Eyes turning in or out.
- Drooping eyelids.
- Eyes watering frequently.
- Abnormal eye movements (i.e., squinting, excessive rubbing, avoiding bright lights).
- Limited eye contact after 3 months of age.
- Difficulty tracking objects or people.
- Does not look around the environment.

Please speak to an Infant & Child Development Consultant for further information.



Durham Health Connection Line
905 668-2020 or 1-800-841-2729
durham.ca/health

If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729.

