

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. A thorough eye exam from an Optometrist is recommended at 6 months of age and two more times before your child starts school.

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:

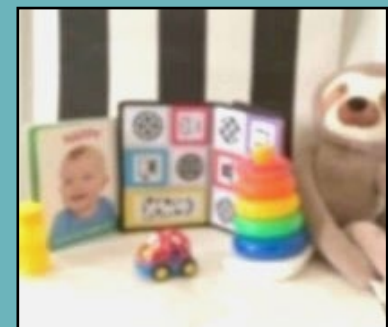
- See up to 3 feet away.
- Look at the caregiver's face.
- Track objects from side to side and up and down with their eyes.
- Notice and observe their hands and breast/bottle.
- Look at objects that are bright colours such as red, blue, or yellow.



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.

Understanding vision milestones may help identify vision concerns but this does not replace the need for an eye exam which looks at the physical health of the eye and visual system. 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.

