



How well *do* you see?

Helping Your Child with Visual Development¹

Parents play an important role in the health and vision of their baby, and there are a number of things you can do to help their vision develop properly. Here are some examples of age-appropriate activities that can be done to assist with their visual development.

Birth to four months

- Use a nightlight or other dim lamp in your baby's room
- Frequently adjust the position of the crib (for instance, move it to the other side of the room) and your baby's position in it (from one end to the other)
- Hold toys about eight to 12 inches from your baby's face so they can more easily reach for them

Five to eight months

- Provide toys such as building blocks for them to hold and to help boost fine motor skills
- Hang a mobile across the crib for your baby to grab, pull and kick
- Make sure your baby has room to explore and play
- Play patty cake and other games, moving your baby's hands through the motions
- Make sure your baby has a comprehensive vision exam by their pediatrician at six months of age

Nine to 12 months

- To develop visual memory, play hide and seek games with your face and with toys
- Name objects when talking to encourage word association and memory
- Encourage crawling and creeping

One to two years old

- Roll a ball back and forth to help your baby's eyes learn to track objects
- Read or tell stories to stimulate your baby's ability to visualize

1. American Optometric Association, Infant Vision: Birth to 24 Months of Age. <http://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/infant-vision-birth-to-24-months-of-age?sso=y> [Accessed June 26, 2014]

