

Timeline of vision development

Birth - 6 months

Encouraging development at this stage:

- Lots of tummy time
- Follow faces up, down, sideways, closer, farther
- Make noises to the side so baby turns toward them
- Change position frequently so their view of the world changes
- Let baby bounce on the bed with support for both hands to encourage balancing
- Lots of toys to touch, grasp, listen to and find with eyes and ears

1 month

Your baby should be able to **follow an object with his or her eyes**

- Hold and feed your infant from alternating sides to promote development of both eyes.
- Place your baby in their crib from different directions.
- Periodically change the location of the crib so the infant can see the world from different viewpoints.
- Hang a mobile off to the side so your baby can see it through the slats of the crib.

2 months

Your baby should be able to **bring his or her hands together**

- Allow your baby to explore with their hands.
- Provide stimuli of many different textures, sizes, weights, and forms.
- Place a lightweight rattle in your baby's hands and help them shake it.

4 months

Your baby should be able to **turn his or her eyes together to focus on near objects**

- Allow your baby to help hold the nursing bottle
- Provide objects that can be explored with mouth and hands.
- Start to play the "patty cake" game.

5 months

Your baby should be able to **make the sounds for "P", "B", "T", "D", and "M"**

- Play "peek-a-boo" to develop visual memory.
- Move the crib mobile closer to your baby so it can be reached, touched, and moved.
- Tie bells on booties so the infant can learn about their body through sound.

Schedule your baby's first eye exam around 6 months of age

6 - 12 months

Encouraging development at this stage:

- Lots of creeping and crawling time
- Manipulative toys to grasp, roll, pick up, push, pull, bang, throw, squeeze
- Play games that include dropping and picking up objects
- Slowly roll balls for them follow and stop
- Use simple words and sentences about clothing, food, toys and baby
- Play Hide-and-Seek

7 months

Your baby should be able to **roll over independently**

8 months

Your baby should be able to **sit up without support**

- Talk to your baby frequently so they can associate experiences with words.
- Place objects on a highchair tray that can be pushed off and dropped to the floor.

9 months

Your baby should be able to **creep and crawl**

- Do not rush your baby into walking. Creeping on all fours is very important for developing coordination of both the body and the eyes.

12 - 18 months

Encouraging development at this stage:

- Language is developing quickly: use names for actions and objects
- Engage in water and sand play with containers, cups, pails, plastic bottles
- Provide crayons and large sheets of paper for creative scribbling
- Introduce to things to put together and take apart, fit shapes into spaces
- Pretend play: telephone, human and animal dolls

18 - 24 months

Encouraging development at this stage:

- Build towers and structures

- Provide toys to put together / take apart
- Encourage imagination and storytelling
- Find four-wheeled toys to straddle and move
- Challenge child to conquer an obstacle course of furniture and pillows

2 years - 3 years

Encouraging development at this stage:

- Running, tumbling & climbing
- Give lots of time to create and draw
- Play make-believe games, dolls, dress-up clothes, stories
- Assist as beginning to classify objects, colors, shapes
- Set up playdates as learning to socialize with one playmate at a time

3 years - 4 years

Encouraging development at this stage:

- Challenge child to dodge, throw, stop/go, turn sharp corners
- Set up times to encourage to play well in small groups
- Encourage manipulatives, puzzles, hidden pictures, sames/differences
- Give time for drawing, coloring, activities with clay and play-dough
- Read lots of books and stories together

4 years and older

Encouraging development at this stage:

- Tells stories, makes up names, Talk and talk and talk...
- Intellectual development moves ahead quickly
- Fine motor development continues
- Provide lots of opportunities to explore these new abilities.