

# Vision Milestones

Tracking milestones is a great way to check in on your baby's development. Here are some things to look for, but remember, every child develops differently and may meet their vision milestones at different ages. Visual development may also be delayed if babies have health challenges.

## Birth to 1 Month

- Begins to focus on lights, faces, objects 8-15 inches away from face
- Begins to follow slowly moving lights, faces, and objects at near distances from face

## 2 & 3 Months

- Begins to notice their hands
- Makes eye contact with parents or caregivers
- Follows moving lights, faces, people, and objects with both eyes together

## 6 & 7 Months

- Purposefully reaches for objects
- Follows objects that are both near and far with their eyes

## 5 Months

- Eyes appear straight
- Neither of their eyes turn down, in, up, or out for several minutes at a time either constantly or intermittently

## 3 & 4 Months

- Watches their hand movements
- Reaches for objects or their parent's or caregiver's face
- Grasps and holds objects in their hands

## 8, 9 & 10 Months

- Recognizes family and caregiver faces
- Looks at and focuses on small objects, such as cereal

## 11 & 12 Months

- Uses their index finger to point to pictures in a book
- Looks for dropped toys, around them or inside a container