

Helping Baby See

Encouraging your child's vision development can be a joy for you both.

During the first year of life, your baby is growing, learning and developing in countless ways, including building critical basic vision skills. Helping your child develop his or her eyesight can be easy and fun with the suggested activities below. As your baby grows, these activities will change to fit his or her needs and level of eyesight development.

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Birth–4 months¹

- Use a soft light, such as a nightlight or dim lamp, in your baby's room. It will be gentle on your baby's eyes and will allow him or her to sleep without disturbance.
- Move the position of your baby's crib frequently, as well as your baby's position in the crib, so that he or she can get used to different views.
- Talk to your baby while walking around a room, so he or she can follow the sound of your voice.

5–8 months²

- Hang a baby–safe mobile or an assortment of infant-safe objects above the crib for your baby to watch, grab and kick.
- Let your baby have plenty of time to play and explore on the floor.
- Give your baby plastic or wooden blocks to play with.
- Play patty cake and other games, moving your baby's hands through the motions while saying the words aloud.

9–12 months³

- Play games like hide-and-seek with toys or your face to help your baby develop visual memory.
- Name objects, like "spoon," when feeding your baby to encourage word association and vocabulary skills.
- Encourage crawling and walking.

Helping your baby to see is important, and can also be a time of fun and enjoyment for both of you. By incorporating these simple activities into your normal, everyday routine, you can encourage great visual skills that your child will use throughout his or her life!

1. American Optometric Association, "Infant Vision: Birth to 24 Months of Age", 2010.

2. Ibid.

3. Ibid.