

Healthy Eyes, Ears, and Teeth!

Ages 0 - 4

HEALTHY EYES



Infants develop sight slowly over 6-8 months.

Eye and vision problems in early childhood can cause delays in crawling, playing, and speaking



How can I help my baby's eyes stay healthy?

Babies can. . .

Parents can. . .

0 - 4 Months

- See 8-10 inches at birth
- Focus on faces at 8 weeks
- Follow moving objects with their eyes at 3 months

- Feed on both left and right
- Smile, laugh, and sing close to the baby's face
- Use black-and-white toys

5 - 8 Months

- Control eye movements
- Move eyes and hands at the same time
- See depth

- Give objects with different textures and weights
- Go for walks and narrate what you see

9 - 12 Months

- Pull themselves to a standing position
- Crawl and attempt to walk
- Play short-distance catch

- Play "peek-a-boo"
- Set up a container and objects to take out/put in
- Name items as baby points

1 - 2 Years

- Explore their environment
- Scribble with crayons
- Recognize familiar images and faces

- Read books to your child
- Tell stories about family, traditions, or fairytales
- Provide art supplies

3 - 4 Years

- Run, tumble, and climb
- Play make-believe
- Name colors and shapes
- Draw and create art

- Go to the library
- Attend playgroups
- Encourage balance, stop/go, and dodging

If your baby seems several months behind, talk to your doctor about vision screening

Where can I get help for my baby's eyes?

- **Screenings:** Baby's eyes should be screened at birth, then once a year
- **Daycare or Preschool:** Ask your child's teacher if they notice vision problems
- **Doctor:** Find a medical home for your child with someone you trust and who you can call for advice
- **Visit:** For more, go to HRL.NYC

Warning Signs



If you notice any of these symptoms, call your doctor.

- Does not follow movement with eyes
- Trouble moving either or both eyes
- Eyes "wiggle" or do not hold still
- No eye contact
- Crossed eyes
- White film over center of eye

