

# Healthy Eyes, Ears, and Teeth – Ages 0-4

## HEALTHY EYES



### Why should my baby's eye stay healthy?

- 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	<ul style="list-style-type: none"><li>• See 8-10 inches at birth</li><li>• Focus on faces at 8 weeks</li><li>• Follow moving objects with their eyes at 3 months</li></ul>	<ul style="list-style-type: none"><li>• Feed on both left and right</li><li>• Smile, laugh, and sing close to the baby's face</li><li>• Use black-and-white toys</li></ul>
5 – 8 Months	<ul style="list-style-type: none"><li>• Control eye movements</li><li>• Move eyes and hands at the same time</li><li>• Perceive depth</li></ul>	<ul style="list-style-type: none"><li>• Give objects with different textures and weights</li><li>• Go for walks and narrate what you see</li></ul>
9 – 12 Months	<ul style="list-style-type: none"><li>• Pull themselves to a standing position</li><li>• Crawl and attempt to walk</li><li>• Play short-distance catch</li></ul>	<ul style="list-style-type: none"><li>• Play "peek-a-boo"</li><li>• Set up a container and objects to take out/put in</li><li>• Name items as baby points</li></ul>
1 – 2 Years	<ul style="list-style-type: none"><li>• Explore their environment</li><li>• Scribble with crayons</li><li>• Recognize familiar images and faces</li></ul>	<ul style="list-style-type: none"><li>• Read books to your child</li><li>• Tell stories about family, traditions or fairytales</li><li>• Provide art supplies</li></ul>
3 – 4 Years	<ul style="list-style-type: none"><li>• Run, tumble, and climb</li><li>• Play make-believe</li><li>• Name colors and shapes</li><li>• Draw and create art</li></ul>	<ul style="list-style-type: none"><li>• Go to the library</li><li>• Attend play groups</li><li>• Encourage balance, stop/go, and dodging</li></ul>

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, and 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. Make an appointment or call for advice!
- **Visit:** For more, go to [HRL.NYC](http://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

