



# Developmental Milestones

## Birth to 4 Months

- Newborns have limited color vision, vision of about 20/400 and an 8-12 inch range of focus
- At 8-12 weeks color vision develops, and the ability to follow moving objects with their eyes is gained by moving their head
- From 2-4 months there is improved accuracy with eye movements
- 4 months marks the beginning of eye-hand coordination; start reaching for objects

## 4-6 Months

- Beginning of eye-body coordination; push themselves up, roll over, control body of movements
- Skillful eye-hand coordination; grasp at objects freely, directs bottle into mouth
- Achievement of full binocularity, or “two-eyed” vision with depth perception
- Improvement in spatial and dimensional coordination; reaches for objects accurately
- Refinement of eye teaming and focusing skills; quick focus shift between near and far distances

## 6-8 Months

- Mostly accurate eye movement control and binocular coordination
- Crawling; further developing eye-body coordination and **important** for binocular improvement
- Sets visual goals; seeing something and moving to get it
- Rapid development of visual perception skills and notices differences in size, shape and position

## 8-12 Months

- Improved depth perception
- Visual Motor Integration; grasping and throwing objects fairly accurately
- Perception skills; visual memory and visual discrimination help make sense of the world they see
- Integration of their vision and fine motor coordination allow control of smaller objects including feeding themselves with finger foods
- When learning how to walk; children use their eyes to direct and coordinate their body’s large muscle groups to guide whole body movements

## 1-5 Years

- Continued vision development with visual motor integration, eye teaming and depth perception
- Improve visual skills by stacking building blocks, rolling a ball back and forth, coloring, drawing, cutting, and assembling connectable toys
- Reading to a child helps develop strong visualization skills as the child “pictures” the story in his or her mind
- 20/20 vision is not achieved until ages 3-5