



It is important to ensure that a baby's eyes are healthy and developing properly.

The Canadian Association of Optometrists recommends that babies have their first eye exam between 6 and 9 months of age.

The connection between the eyes and brain develop in the first 5 years of life and it's important to ensure eyes are healthy, eye and muscle movements and alignment are developing properly, and their eyes are focusing together. If a vision problem is detected early, it's more likely that it can be corrected.

Children's eye exams are covered by Manitoba Health for children under 19

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Birth to One Month

- Fixates on face and tracks with head and eyes
- Exhibits constricted pupils in bright light
- Observes movement in room
- Stare at light source
- Has eyes open when nursing and held upright
- Reacts most to black and white patterns

Two Months

- Looks directly at caregiver's eyes
- Watches lip movement
- Can follow a moving object with eyes
- Responds to primary colours
- Copies parent's mouth movements

Three to Six Months

- Watches own hand movements Alternates gaze from one object to another
- Approaches mirror image, smiles
- Reaches for caregiver's face
- Tracks rolling ball
- Reaches for dangling toy
- Recognizes faces, bottle
- Turns head and moves eyes in direction of sounds
- Displays smooth-following eye movements in all directions

Infant & Child Visual Development

Seven to Ten Months

- Looks at small objects
- Attends to scribbling or writing
- Looks at pictures in a book
- Exhibits further development of facial recognition
- Sustains observation of activities of people and animals

Eleven to Twelve Months

- Explores depths by looking into containers
- Recognizes familiar objects across the room
- Finds Objects hidden under another object
- Exhibits improved depth perception
- Follows rapidly moving objects

Twelve to Fifteen Months

- Tries to mimic scribbling
- Shows more interest in picture books

Fifteen to Eighteen Months

- Shows visual recognition of pictures

Eighteen to Twenty-four Months

- Exhibits well-established convergence (*convergence*: the coordinated turning of the eyes inward to focus on a nearby point)
- Points to objects in a book and distant interesting objects outdoors
- Turns pages
- Fixates on small things

Two Years

- Points to body parts
- Shows well developed eye accommodation (*accommodation*: adaptation or adjustment in the lens of the eye to permit retinal focus of images of objects at different distances)
- Recognizes fine details in pictures

Three Years

- Copies geometric designs
- Makes a smooth convergence with eyes

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ASSOCIATION OF
Optometrists
Vision. Care.

Ensure your child isn't hindered in learning, play or how they see the world.

Make a comprehensive eye exam a regular part of your child's overall health care.

