






# EIGHT KEY VISION DEVELOPMENT MILESTONES TO MONITOR FROM BIRTH TO FIRST BIRTHDAY



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- Begin with 1<sup>st</sup> milestone, regardless of child's age.
- Check box if baby meets milestone – Check 2<sup>nd</sup> box if baby does not meet milestone and move to Next Steps. Begin with 1<sup>st</sup> Milestone regardless of age and stop when milestone exceeds baby's age.


AGE (Milestones may vary up to 6 weeks.)	MILESTONE	IMPORTANCE OF MILESTONE	QUESTIONS TO ASK OR BEHAVIORS TO MONITOR	NEXT STEPS
<p><b>Birth to no later than 8 weeks</b></p>  <p>Images from Lea Hyvärinen, MD, PhD</p>	<p><b>1<sup>st</sup> Milestone</b></p> <ul style="list-style-type: none"> <li>• Maintains stable eye contact when awake and alert and initiated by parent or caregiver             <ul style="list-style-type: none"> <li>○ “Stable” is defined as holding eye contact.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Babies have innate attraction to faces, especially smiling faces. Creates pleasant feelings in baby and parent.</li> <li>• Stable eye contact with parents or caregivers is important to developing bonding and communication.</li> <li>• Lack of stable eye contact can interfere with early emotional and general development.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Does baby maintain <b>stable</b> eye contact when awake and alert and initiated by parent and/or caregiver?             <ul style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral for an assessment to include refraction and accommodation, if possible, to determine how well baby can see.</li> <li><input type="checkbox"/> If vision is found to be normal, refer to primary care provider to further discuss concerns.</li> <li><input type="checkbox"/> Refer to Birth to 3 Early Intervention program for supporting development of total communication through all senses, including hands and motor functions.</li> <li><input type="checkbox"/> In interim, help parents/caregivers help baby to develop communication through all the senses.             <ul style="list-style-type: none"> <li>• Example: Talk close to baby's face while helping baby to feel parent's or caregiver's face.</li> </ul> </li> </ul>

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<p data-bbox="92 240 401 326"><b>During 3<sup>rd</sup> and 4<sup>th</sup> months</b></p>  <p data-bbox="92 639 348 699">Image from Lea Hyvärinen, MD, PhD</p>  <p data-bbox="92 1219 426 1398"> <a href="http://images.parenting.mdpcdn.com/sites/parenting.com/files/styles/facebook_og_image/public/600_is_your_baby_smiling.jpg?iok=jZFw764v">http://images.parenting.mdpcdn.com/sites/parenting.com/files/styles/facebook_og_image/public/600_is_your_baby_smiling.jpg?iok=jZFw764v</a> </p>	<p data-bbox="449 207 699 245"><b>2<sup>nd</sup> Milestone</b></p> <ul data-bbox="449 293 735 399" style="list-style-type: none"> <li>• Lively communication with social smile</li> </ul>	<ul data-bbox="760 211 1085 1268" style="list-style-type: none"> <li>• A social smile means the brain is maturing, baby can vary accommodation, and baby sees clearly at several distances.</li> <li>• Baby's social smile boosts bonding and is one of the cornerstones of communication between baby and parent/caregiver.</li> <li>• A smile from baby as parent and/or caregiver approaches shows baby has learned a new skill: to be active socially instead of passive participant only when parent or caregiver smiles first.</li> </ul>	<ul data-bbox="1106 211 1434 464" style="list-style-type: none"> <li><input type="checkbox"/> When parent approaches baby, does baby respond with a smile? <ul data-bbox="1157 396 1425 464" style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul data-bbox="1488 211 2003 1198" style="list-style-type: none"> <li><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral to assess refraction and accommodation to determine how well baby can see.</li> <li><input type="checkbox"/> Refer to Birth to 3 Early Intervention program for assistance in communication between baby and parent/caregiver.</li> <li><input type="checkbox"/> Check in with Mother and gently ask these questions – without frightening Mother– to look at how Mother is doing emotionally and physically (perhaps Mother needs support): <ul data-bbox="1539 797 1995 1198" style="list-style-type: none"> <li>• Did the birth go smoothly?</li> <li>• Do you have help in caring for baby?</li> <li>• Is baby sleeping several hours at a time?</li> <li>• Is Mother sleeping?</li> <li>• If Mother seems distressed, brainstorm with Mother on ways to support Mother (i.e., family member cares for baby while Mother sleeps).</li> </ul> </li> </ul>


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<p data-bbox="92 240 382 328"><b>During 3<sup>rd</sup> or 4<sup>th</sup> months</b></p>  <p data-bbox="92 688 428 782"><a href="https://i.ytimg.com/vi/GmgoHKead_M/maxresdefault.jpg">https://i.ytimg.com/vi/GmgoHKead_M/maxresdefault.jpg</a></p>  <p data-bbox="92 1153 428 1247"><a href="http://i18.picdn.net/shutterstock/videos/8085733/thumbnail/12.jpg">http://i18.picdn.net/shutterstock/videos/8085733/thumbnail/12.jpg</a></p>	<p data-bbox="449 211 697 250"><b>3<sup>rd</sup> Milestone</b></p> <ul data-bbox="449 295 697 470" style="list-style-type: none"> <li>Awareness of hands and exploration of hands with mouth</li> </ul>	<ul data-bbox="760 211 1073 1344" style="list-style-type: none"> <li>Baby's hands are important for helping vision develop.</li> <li>Awareness of hands leads to exploring the hands with the mouth, which leads to using the hands to explore baby's world.</li> <li>Exploration with hands gives concrete information about abstract objects, including size, form, surface quality, and weight.</li> <li>This concrete information will be stored in baby's brain to combine with the visual concept of each object.</li> </ul>	<ul data-bbox="1106 211 1459 760" style="list-style-type: none"> <li>Does baby watch her hands? <ul data-bbox="1205 321 1459 393" style="list-style-type: none"> <li>If "no", move to Next Steps.</li> </ul> </li> <li>Does baby bring his hands to midline and to his mouth? <ul data-bbox="1205 688 1459 760" style="list-style-type: none"> <li>If "no", move to Next Steps.</li> </ul> </li> </ul>	<ul data-bbox="1488 211 2003 1308" style="list-style-type: none"> <li>Refer to primary care physician to coordinate eye exam referral to assess refraction and accommodation to determine how well baby can see.</li> <li>If baby is not noticing hands, maybe baby cannot see hands.</li> <li>Refer to Birth to Three Early Intervention, with emphasis on helping baby to observe hands, bring hands to mid-line, and eye-hand coordination.</li> <li>Parent and/or caregiver can help baby explore hands and bring objects and hands to mid-line, for example: <ul data-bbox="1537 945 2003 1308" style="list-style-type: none"> <li>Gently use baby's elbows to bring hands to mid-line. Make it a game.</li> <li>Use small objects with variation in size, weight, and texture to help baby use hands to explore. Some toys for dogs make great objects for this activity.</li> </ul> </li> </ul>


<b>AGE</b> <i>(Though milestones may vary up to 6 weeks; refer if eyes not straight by 5<sup>th</sup> mo.)</i>	<b>MILESTONE</b>	<b>IMPORTANCE OF MILESTONE</b>	<b>QUESTIONS TO ASK OR BEHAVIORS TO MONITOR</b>	<b>NEXT STEPS</b>
<p><b>By 5<sup>th</sup> month</b></p>  <p><a href="http://ldaamerica.org/wp-content/uploads/2013/10/our-infants.jpg">http://ldaamerica.org/wp-content/uploads/2013/10/our-infants.jpg</a></p>	<p><b>4<sup>th</sup> Milestone</b></p> <ul style="list-style-type: none"> <li>Keenly watching hand movements of other children and adults and beginning to copy those hand movements</li> </ul>	<ul style="list-style-type: none"> <li>Keenly observing hand movements of others, and starting to copy those hand movements, leads to goal-directed reaching and grasping, which begins the process of learning from imitation, and understanding actions and goals of others.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Is baby keenly watching hand movements of other children and adults? <ul style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Is baby beginning to copy hand movements of other children and adults? <ul style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral to assess all parts of the visual system to determine why baby is not keenly watching and beginning to copy hand movements of other children and adults.</li> <li><input type="checkbox"/> Refer to Birth to Three Early Intervention program for assistance in helping baby observe and begin to copy hand movements of other children and adults.</li> </ul>
<p><b>By 5<sup>th</sup> month</b></p>  <p><a href="https://pbs.twimg.com/media/CLLhTXBUwAAxZcl.jpg">https://pbs.twimg.com/media/CLLhTXBUwAAxZcl.jpg</a></p>	<p><b>5<sup>th</sup> Milestone</b></p> <ul style="list-style-type: none"> <li>Eyes are straight and do not appear to cross or drift</li> </ul>	<ul style="list-style-type: none"> <li>Eyes must be straight for good binocular vision to develop.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Are baby’s eyes straight? <ul style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Do baby’s eyes ever appear to cross or drift? <ul style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If baby’s eyes appear to turn in or out after age 4 months, immediately refer baby for eye exam to assess all parts of the visual system to determine the cause of eye misalignment.</li> </ul>

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<p data-bbox="92 250 369 334"><b>During 6<sup>th</sup> or 7<sup>th</sup> months</b></p>  <p data-bbox="92 626 422 716"><a href="http://images.inimage.com/400nwm/imagesource/is098u7yx/is098u93r.jpg">http://images.inimage.com/400nwm/imagesource/is098u7yx/is098u93r.jpg</a></p>  <p data-bbox="92 1166 428 1284"><a href="http://birthways.org/wp-content/uploads/2011/06/bigstock_Babies_Playing_With_Toys_2666238.jpg">http://birthways.org/wp-content/uploads/2011/06/bigstock_Babies_Playing_With_Toys_2666238.jpg</a></p>	<p data-bbox="453 212 695 250"><b>6<sup>th</sup> Milestone</b></p> <ul data-bbox="453 302 695 407" style="list-style-type: none"> <li>• Goal-directed hand-arm movements</li> </ul>	<ul data-bbox="764 212 1073 760" style="list-style-type: none"> <li>• Reaching for a desired object leads to goal-directed behavior and shows desire, interest, and curiosity – critical elements for learning.</li> <li>• If baby is not reaching for objects, maybe baby cannot see the objects.</li> </ul>	<ul data-bbox="1110 212 1451 760" style="list-style-type: none"> <li><input type="checkbox"/> Does baby reach for and grasp objects? <ul data-bbox="1157 326 1423 391" style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Does baby look at the object when reaching? <ul data-bbox="1157 691 1423 756" style="list-style-type: none"> <li><input type="checkbox"/> If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul data-bbox="1495 212 2007 610" style="list-style-type: none"> <li><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral to assess all parts of the visual system to determine why baby is not reaching.</li> <li><input type="checkbox"/> Refer to Birth to Three Early Intervention program for assistance in helping baby develop goal-directed hand-arm movements.</li> </ul>

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<p data-bbox="92 250 401 334"><b>During 7<sup>th</sup>, 8<sup>th</sup>, or 9<sup>th</sup> months</b></p>  <p data-bbox="92 756 428 878"><a href="http://d236bkdxj385sg.cloudfront.net/wp-content/uploads/2012/07/dad-and-baby.jpg">http://d236bkdxj385sg.cloudfront.net/wp-content/uploads/2012/07/dad-and-baby.jpg</a></p>	<p data-bbox="449 211 695 250"><b>7<sup>th</sup> Milestone</b></p> <ul data-bbox="449 302 722 407" style="list-style-type: none"> <li>• Recognition of family and/or caregiver faces</li> </ul>	<ul data-bbox="764 211 1085 1195" style="list-style-type: none"> <li>• If baby does not recognize family and/or caregiver faces and does not look at, or into, the parent's and/or caregiver's eyes, and focuses instead on the parent's and/or caregiver's hair or forehead, for example, baby may be incorrectly diagnosed as being on the autism spectrum.</li> <li>• If baby wants to be carried constantly, this is red flag. A parent is center of baby's world and baby will cling to parent from fear of losing contact with parent.</li> </ul>	<ul data-bbox="1110 211 1463 1455" style="list-style-type: none"> <li><input type="checkbox"/> Does baby recognize family members and/or caregivers and have a welcoming smile before hearing their voices or seeing their smiles? <ul data-bbox="1157 505 1423 578" style="list-style-type: none"> <li><input type="checkbox"/> If "no", move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Does baby recognize difference between familiar faces at home and visiting strangers? <ul data-bbox="1157 797 1423 870" style="list-style-type: none"> <li><input type="checkbox"/> If "no", move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Does baby recognize family members outside the home among groups of people? <ul data-bbox="1157 1089 1423 1162" style="list-style-type: none"> <li><input type="checkbox"/> If "no", move to Next Steps.</li> </ul> </li> <li><input type="checkbox"/> Does baby recognize caregiver among several adults in a center-based setting? <ul data-bbox="1157 1382 1423 1455" style="list-style-type: none"> <li><input type="checkbox"/> If "no", move to Next Steps.</li> </ul> </li> </ul>	<ul data-bbox="1495 211 2003 1049" style="list-style-type: none"> <li><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral to assess all parts of the visual system to determine why baby does not recognize family and/or caregiver faces.</li> <li><input type="checkbox"/> Refer to Birth to 3 Early Intervention program to support attachment with parent/caregiver.</li> <li><input type="checkbox"/> To help baby recognize family members/caregivers, encourage family members/caregivers to use something specific for: <ul data-bbox="1541 797 2003 1049" style="list-style-type: none"> <li>• Clothing - i.e., wearing same colorful blouse/shirt when greeting baby each morning,</li> <li>• Hair - i.e., colorful headband, and</li> <li>• Voice - i.e., same phrase when approaching baby.</li> </ul> </li> </ul>



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<p data-bbox="92 289 365 370"><b>During 9+ to 12 months</b></p>  <p data-bbox="92 878 422 1000"><a href="https://www5.esc13.net/thescoop/vi/2012/08/21/literacy-for-students-with-significant-disabilities/">https://www5.esc13.net/thescoop/vi/2012/08/21/literacy-for-students-with-significant-disabilities/</a></p>	<p data-bbox="451 251 693 292"><b>8<sup>th</sup> Milestone</b></p> <ul data-bbox="451 332 716 738" style="list-style-type: none"> <li data-bbox="451 332 716 479">• <i>Use this one if baby has been exposed to books:</i></li> <li data-bbox="451 519 716 738">• Points to individual pictures in a book and vocalizes while pointing</li> </ul>	<ul data-bbox="764 251 1081 657" style="list-style-type: none"> <li data-bbox="764 251 1081 397">• Baby is beginning to coordinate gestures and words.</li> <li data-bbox="764 438 1081 657">• If baby shows no interest in books or does not point to pictures, perhaps baby cannot see the pictures.</li> </ul>	<ul data-bbox="1110 251 1455 544" style="list-style-type: none"> <li data-bbox="1110 251 1455 544">☐ When given a book with pictures, does baby point to individual pictures and vocalize? <ul data-bbox="1207 470 1455 544" style="list-style-type: none"> <li data-bbox="1207 470 1455 544">☐ If “no”, move to Next Steps.</li> </ul> </li> </ul>	<ul data-bbox="1495 251 1990 1347" style="list-style-type: none"> <li data-bbox="1495 251 1990 430">☐ Refer to primary care physician to coordinate eye exam referral to assess refraction and accommodation to determine how well baby can see.</li> <li data-bbox="1495 470 1990 649">☐ Refer to Birth to 3 Early Intervention program for assistance in encouraging baby to look at individual pictures in book and vocalize.</li> <li data-bbox="1495 690 1990 1347">☐ Encourage parent or caregiver to: <ul data-bbox="1533 763 1990 1347" style="list-style-type: none"> <li data-bbox="1533 763 1990 836">• Look at a book with pictures with baby.</li> <li data-bbox="1533 836 1990 876">• Point to a picture.</li> <li data-bbox="1533 876 1990 917">• Name the picture.</li> <li data-bbox="1533 917 1990 1023">• Vocalize something about the picture (i.e., make “moo” sound for cow).</li> <li data-bbox="1533 1023 1990 1347">• Praise baby when baby points to a picture and vocalizes. <ul data-bbox="1627 1128 1990 1347" style="list-style-type: none"> <li data-bbox="1627 1128 1990 1347">○ If baby does not respond to the book, try a different book. Perhaps baby is not interested in the first book.</li> </ul> </li> </ul> </li> </ul>

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<p data-bbox="92 256 365 331"><b>During 9+ to 12 months</b></p>  <p data-bbox="92 701 422 792"><a href="http://twinpossible.com/8-month-milestones-for-your-baby-or-twins">http://twinpossible.com/8-month-milestones-for-your-baby-or-twins</a></p>	<p data-bbox="451 217 693 253"><b>8<sup>th</sup> Milestone</b></p> <ul data-bbox="451 302 737 662" style="list-style-type: none"> <li data-bbox="451 302 737 441">• <i>Use this one if baby has <u>not</u> been exposed to books:</i></li> <li data-bbox="451 490 737 662">• Uses thumb and first finger to pick up objects, such as crumbs on floor</li> </ul>	<ul data-bbox="764 217 1081 435" style="list-style-type: none"> <li data-bbox="764 217 1081 435">• Helps baby to better explore baby's world in more detail and to improve fine motor skills of hands.</li> </ul>	<ul data-bbox="1110 217 1463 435" style="list-style-type: none"> <li data-bbox="1110 217 1463 328"><input type="checkbox"/> Does baby use thumb and first finger to pick up objects?</li> <li data-bbox="1110 367 1463 435"><input type="checkbox"/> If "no", move to Next Steps.</li> </ul>	<ul data-bbox="1493 217 1984 545" style="list-style-type: none"> <li data-bbox="1493 217 1984 399"><input type="checkbox"/> Refer to primary care physician to coordinate eye exam referral to assess refraction and accommodation to determine how well baby can see.</li> <li data-bbox="1493 438 1984 545"><input type="checkbox"/> Ask parent or caregiver to: <ul data-bbox="1535 477 1984 545" style="list-style-type: none"> <li data-bbox="1535 477 1984 545">• Encourage baby to eat food with fingers.</li> </ul> </li> </ul>