



## Seeing Through Your Baby's Eyes

Dear Parents,

A baby's vision is suited to social interaction right from birth. Babies can focus fairly well on objects that are 9-14 inches away. This is about the distance of your face when you are holding your baby in a cradle position. A baby's ability to see your face plays a primary role in bonding.

A baby's vision at birth is blurry but will steadily improve over the next few months. Babies will begin to distinguish colors between the second and third month of life. Their range of vision will improve to several feet by the end of the second month and, by the third month, they will show interest in people and things across the room. A baby's vision will not be 20/20 until after the first year.

The American Pediatric Association recommends no television, tablets, or computers for children younger than two. Because a baby's brain is wiring for a three-dimensional world, overuse of two-dimensional objects can be confusing to this process.



### What You Can Do

- Hold your newborn close to your face when speaking to him. Your baby's favorite thing to look at is your face!
- Provide three-dimensional objects for your child to interact with visually. Limit exposure to technology.
- During your child's first month of life, place objects you want him to see about 10 inches from his face. During the second month, you can place objects a couple of feet away.
- Move objects in front of your child between the second and third month to allow him to practice tracking.
- Surround your child with colorful toys.
- Babies enjoy looking at broad stripes that are alternating light and dark colors. Hang a striped blanket over the side of your baby's crib or place your baby on top of this blanket when he is playing on the floor.
- Choose brightly-colored toys rather than pale-colored toys when selecting new items of interest for your baby.
- Protect your baby's eyes from the sun. Place a shade on car windows. Have your child wear sunglasses if possible.
- Don't expect your baby to be able to stare at you for a long period of time. It takes great muscle control for him to hold your gaze. This ability will usually develop during the first month.