

VISION DEVELOPMENT MILESTONES

Visual Milestones

Age	Visual Development Milestones
Birth – 3 months	Blinks at bright lights; makes eye contact; follows faces or toys briefly; begins developing visual fixation and attention
3 – 6 months	Tracks moving objects smoothly; Begins reaching for objects; Eyes should be aligned most of the time (watch for constant turning or drifting)
6 – 12 months	Coordinates eyes and hands well; Develops depth perception (e.g., avoids falling off a low step); Begins crawling (important for eye tracking and spatial awareness)
12 – 24 months	Visually guides walking and climbing; Recognizes pictures, shapes, and familiar objects; Eyes stay aligned and track across midline; Starts scribbling with visual guidance
2 – 3 years	Matches objects and simple shapes visually; Identifies common pictures; Demonstrates emerging eye-hand coordination in stacking, sorting, or puzzles
3 – 5 years	Uses eyes together smoothly at near and far; Recognizes letters, colors, and sequences visually; Maintains visual attention on tasks for 10–15 minutes; Has consistent eye-hand coordination for drawing and cutting
5+ years	Tracks lines of print left-to-right; Maintains visual focus and attention in classroom tasks; Integrates vision with posture and movement for sports or physical play

When to Refer

Refer for a developmental vision evaluation if you observe:

- Delays in gross motor or fine motor development
- Persistent eye turn or head tilt
- Avoidance of visual tasks
- Trouble with tracking, attention, or coordination