

VISION DEVELOPMENT MILESTONES

Visual Milestones

Vision is more than just clear eyesight. It involves how your child's eyes and brain work together to explore, learn, and move confidently. Tracking vision milestones can help you spot early signs of concern and get your child the support they need. This checklist guides you through important vision skills and what to watch for at different ages.

Age Range	What to Expect	What to Watch For
Birth – 12 months	Follows faces or toys briefly; Begins to fixate and track moving objects; Makes eye contact	One eye wanders, lack of eye contact, lack of ability to follow gaze or recognize faces
2–3 years	Follows moving objects smoothly; Uses hands and eyes together to play and stack toys; Shows interest in books and pictures	Persistent eye turning or crossed eyes; Difficulty focusing on near objects; Avoids looking at things up close
4-5 years	Recognizes colors and simple shapes; Copies basic shapes and letters; Tracks moving objects smoothly (balls, animals)	Tilting head or closing one eye to see; Squinting or rubbing eyes often; Clumsiness or poor hand-eye coordination
6–7 years	Focuses comfortably on reading and writing; Tracks print smoothly from left to right; Shows good hand-eye coordination	Complaints of headaches or eye strain; Losing place while reading; Difficulty catching a ball or doing fine motor tasks
8–10 years	Maintains visual attention for longer tasks; Reads with comprehension; Coordinates eyes and hands well in sports and activities	Avoidance of reading or near work; Poor handwriting or spacing; Frequent eye rubbing or blinking
11–12 years	Switches focus easily between near and far; Demonstrates steady eye movements when reading; Uses vision effectively in school and sports	Difficulty with sustained visual tasks; Frequent squinting or eye discomfort; Clumsiness or poor spatial awareness

If you notice any of the warning signs, or if your child struggles with reading, coordination, or attention despite normal eyesight, consider a full developmental vision evaluation. Early intervention can make a big difference!