

Children's Vision

Ask YOUR Optometrist

Visual communication is an essential contact between a baby and his/her parents. Moreover, **80% percent of everything a child learns is acquired through his or her visual system, that's why healthy eyes are so important!**

Babies usually see movement before anything else, as their vision is still evolving. Babies should be able to see their mother's facial expression within a week of birth.

Between the ages of one and three, coordination between eyes, hands and body allow children to pick up objects, walk or run from place to place, and throw and catch a ball.

Preschoolers—ages two to five—are eager to draw and look at pictures. By connecting stories with illustrations you can help coordinate your child's hearing and vision.

Good vision involves many different skills working together to enable your child not only to see clearly but also to understand what he or she sees.

Those skills include:

- Near Vision, Distance Vision, Binocular Coordination (Ability to use the two eyes together), Eye/Hand, Coordination (Ability to use the eyes and hands together).



Because a change in vision can occur without you or your child realizing it, children should have a comprehensive eye exam by an optometrist at:

- six months
- 3 years of age
- before first grade
- every year thereafter or as recommended