

# Raising a Happy Baby



## Do You See What I See? 5 Ways to Enhance Vision Development

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One of the best things you can do with your infant is to choose simple visual activities in which they can engage. Not only does this begin to assist with brain development, it actually assists the growth of the optic nerves as well. Vision is the least developed sense at birth, and requires regular sensory input to fully emerge. (Sears, 2013)

The activities you offer your baby should be somewhat based on age. As Parents.com notes, “By 6 weeks, your infant's vision should improve to the point where he can spot you from 15 to 20 feet away. His eye muscles are getting stronger around this time, too, and he'll soon be able to track your finger when you move it in front of his face. By 4 months, he can make out less-contrasting colors clearly. And by the time he's walking and crawling, between 8 and 12 months, he'll be able to use his depth perception to judge distances as he explores.” (Bell)

Here are five things you can do across the early months to help baby's sight develop.

1. **Show your stripes** (newborns)

Research has shown that very young infants see contrasting color best, especially black and white. Consider a striped nursery, striped decorations, or even wearing a striped shirt, for baby to zero in on.

2. **Hang a mobile** (0–6 months)

Colorful mobiles – hang one of these classic nursery items over your baby’s crib early on. It gives them something to look at and can be self-soothing during sleepy times. Be aware that once children can sit up or pull to a stand they should not have access to a mobile that they can pull down.

3. **Look at pictures of other babies** (6 mos. +)

Babies love nothing more than to look at other babies! Offer picture board books with photographs of real children, or even a mirror for them to gaze at. Our [Baby Signing Time](#) series frequently incorporates children in the videos to help teach the signs, and this is mesmerizing to many babies.

4. **Talk to your child** (all ages)

One of the best ways to stimulate baby’s sight is actually to talk! Talk about what you’re doing and what you’re seeing. Your baby will be drawn to your voice as well as objects you point out. As your baby gets older, walk to the window or around your yard and neighborhood and talk about all the things you are seeing together.

5. **Give your little one lots of face time** (all ages)

The best thing your baby can see is you. At the very youngest stage, the distance between baby’s face and yours during feeding times is ideal for them to focus. As the baby gets older, he will focus on your eyes and mouth and begin to reach out to explore your face. Give lots of “face time” for bonding and visual development. It is among the most precious moments you and your infant will experience together.

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## Sources

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