

# A PARENT'S ROLE IN THEIR BABY'S VISION DEVELOPMENT

*Include these simple activities in your baby's daily routine and help them develop their visual abilities.*



Play peek-a-boo

Use mirrors to show reflections



Place bright-colored objects in front of the baby

Let them reach out for objects



Let their eyes follow a particular thing or your finger

Hang a colorful mobile on their crib and let them observe it



Take them out for a walk or drive and let them notice their surroundings

Keep a dim light on during sleep hours so that they can see around the room



Let them follow your voice

## REFERENCES:

1. Infant vision birth to one year; Nationwide Children's
2. Infant vision: birth to 24 months of age; American Optometric Association