



Congratulations!

The doctors and staff at Parschauer Eye Center wish to congratulate you on the birth of your child. Their arrival is just the beginning of many exciting times ahead for each of you.

As you think about your child's developmental milestones, remember it is never too early to consider your child's eye health. Because vision plays such a major role in infant development, visual health should be checked regularly. In fact, the American Optometric Association recommends that infants receive their first comprehensive eye assessment at six months of age.

The doctors at Parschauer Eye Center, with other doctors in the area, participate as volunteers in InfantSEE™, a program managed by the AOA. This program provides eye assessments to infants within their first twelve months of life. **We are pleased to provide your child's first eye assessment at no charge to you.**

An InfantSEE™ eye assessment is not a substitute for the well infant care that your baby receives at your pediatrician's office; however, it is something we feel should be a part of the infant wellness routine.

Please feel free to call our office with any questions or to schedule your infant's first eye assessment. At Parschauer Eye Center we look forward to helping you make the most of your child's future!

Infant Development During the First 12 Months

The first year of life is one of the most critical stages in childhood development. From the moment they open their eyes, newborns undergo dramatic physical and mental changes.

During the first 12 months, infants should be examined regularly to determine proper development and identify any health problems. Early detection and treatment of potential problems are vital to a child's development. The following developmental milestones should be monitored during routine well-care exams with a pediatrician and the appropriate specialists.

	Vision	Speech & Hearing	Physical	Emotional & Social
By 3 Months	<ul style="list-style-type: none"> ▪ Tends to see objects about a foot away ▪ Follows moving objects and reaches for things 	<ul style="list-style-type: none"> ▪ Sucks and swallows ▪ Quiets and smiles in response to sound or voice 	<ul style="list-style-type: none"> ▪ Pushes up on arms ▪ Lifts and holds head up 	<ul style="list-style-type: none"> ▪ Needs to be cradled and comforted ▪ Begins to develop trust in parents or caregivers
By 6 Months	<ul style="list-style-type: none"> ▪ Eye movement and eye/body coordination skills develop ▪ Both eyes should focus equally 	<ul style="list-style-type: none"> ▪ Uses consonant sounds in babbling ▪ Uses babbling to get attention 	<ul style="list-style-type: none"> ▪ Uses hands to support self in sitting ▪ Rolls from back to tummy 	<ul style="list-style-type: none"> ▪ Smiles broadly and laughs when pleased ▪ Develops self-calming skills to quiet down after being upset
By 9 Months	<ul style="list-style-type: none"> ▪ Eye/body coordination skills develop further ▪ Eye contact begins to replace physical contact 	<ul style="list-style-type: none"> ▪ Increases variety of sounds and syllables ▪ Looks at familiar objects and people when named 	<ul style="list-style-type: none"> ▪ Sits and reaches for toys without falling ▪ Moves from tummy or back into sitting 	<ul style="list-style-type: none"> ▪ Gets angry and frustrated when their needs are not met ▪ Begins to fear strangers
By 12 Months	<ul style="list-style-type: none"> ▪ Uses both eyes to judge distances 	<ul style="list-style-type: none"> ▪ Says "mama" and "dada" 	<ul style="list-style-type: none"> ▪ Pulls self up to stand ▪ Stands alone and takes independent steps 	<ul style="list-style-type: none"> ▪ Expresses a variety of emotions such as fear, anger, dislike and happiness

Sources:

American Academy of Pediatrics – www.aap.org

American Optometric Association – Your Baby's Eyes Brochure

Invest in Kids – www.investinkids.com