

Table 1-1
Normal Developmental Milestones

<i>Age</i>	<i>Normal Developmental Milestones</i>
Birth	<ul style="list-style-type: none"> • Blink in response to light (as early as 30 weeks, gestational age) • Poor but present pupillary light reflex (as early as 31 weeks, gestational age) • 20/400 vision • May exhibit transient vertical ocular misalignment and sunsetting, a tonic downward movement of both eyes
First month	<ul style="list-style-type: none"> • Responsive to a human face and light, seeing objects held about 30 cm in front of the face in best focus • Highly variable ocular alignment
6 weeks	<ul style="list-style-type: none"> • Start accommodating to see objects at a variety of distances • Fix-and-follow eye movements begin • Eye contact usually begins
3 to 4 months	<ul style="list-style-type: none"> • Ocular alignment is maintained
12 weeks	<ul style="list-style-type: none"> • More developed convergence allows exploration of distant and 3-dimensional objects
5 months	<ul style="list-style-type: none"> • Blink in response to threat
5 to 7 months	<ul style="list-style-type: none"> • Can distinguish a caretaker or familiar relative from others by sight
7 to 10 months	<ul style="list-style-type: none"> • Develop a finer focus and can see small objects and detailed facial features • Permanent eye color is usually established at month 9
1 year	<ul style="list-style-type: none"> • 20/20 vision

to accommodate a continuous range to see objects at various distances. Their accommodation is tonic. This means that most objects at most distances will be foggy until the infant is a little older.

A 6-week-old infant can start accommodating to see objects at a variety of distances. Although some newborns can fix and follow with horizontal tracking. This ability is more clearly recognizable by the sixth week of life if a bright target or light is used. Infants of 6 weeks can usually track vertically and circularly as well. The infant becomes more interested in patterns and will watch mobiles, although a human face is still the best object for stimulating an infant to fixate. The parent's or primary caregiver's face is the best of all. Normally, fix-and-follow movements are not smooth in young infants. If a child cannot fix and follow by 3 or 4 months, particularly during periods of heightened attention, the child should be evaluated by an ophthalmologist.

Eye contact normally begins at 6 weeks of age, although up to 8 weeks is still normal. An infant older than 8 weeks who responds to a parent's voice but does not make eye contact should be referred to an ophthalmologist.

By 12 weeks of age, accommodation and convergence are more fully developed, and infants begin to focus on their hands, which helps them learn hand-eye coordination and recognize distances as they start to grab at objects they can see. These skills help the infant build an understanding of 3-dimensional space and orientation.