



Developmental Guidelines for Children with Visual Impairments

Introduction

Babies development is greatly influenced by factors in his or her environment and the experiences he or she has.

Babies with a visual impairment develop at a slower pace, it is normal. Thus, developmental milestones will be different for your baby than for sighted babies.

This document presents developmental guidelines by years and months. The following are just guidelines, consider it in the context of your baby's unique development.

Year 1

0 to 3 months

- Recognizes caregiver's voice
- Can be soothed by voice or touch
- Smiles when played with
- Differentiated cries (has different cries for different wants)
- Responds to familiar voices
- Ignores certain sounds and attends to others
- Recognizes primary caregiver
- Plays with rattle
- Cries when hungry or uncomfortable
- Plays with hands
- Uses hands for purposeful action
- Retains object placed in hand
- Plays with toys that produce sound
- Holds hand steady while being moved
- Lifts head up when on belly
- Elevates self by arms when on belly

4 to 6 months

- Initiates request for attention
- Turns toward sound
- Makes 3 different vowel sounds
- Imitates vocalization
- Places objects in mouth
- Shows preference in play materials
- Reaches for object in contact with body
- Uses pad of fingertips to grasp small objects
- Transfer object from hand to hand
- Brings object to midline
- Pills objects out of container
- Sits with some support
- Rolls from belly to back, from back to belly
- Sits alone steady
- Pulls to standing while holding your hands
- Moves forward through crawling, creeping or any other method

Year 1 (continues)

7 to 9 months

Differentiates between familiar and unfamiliar people
Shows stranger anxiety
Shows fear of separation
Produces vowel-consonant combinations (ga-ga or ba-ba)
Recognizes familiar sounds or phrases
Explores different textures
Uncovers toy
Pulls string to activate toy
Searches briefly for object lost from grasp but not in contact with body
Reaches for object based only on sound cue
Places object in container upon request
Plays pat-a-cake
Pulls self to sitting position
Pulls to standing position using furniture
Sits down
Attempts to walk while holding your hand
Creeps forward on hands and knees 3 feet or more
Takes coordinated steps while holding your hand

10 to 12 months

Uses gestures
Cries when caregiver leaves
Begins to enjoy social games like peek-a-boo
Responds appropriately to familiar requests
Jabbers expressively
Begins to name things
Moves or gestures toward you when called
Locates fixed (constant) object (highchair or table)
Puts many objects in container
Learns that an object exists even if out of sight
Works to solve simple problems
Begins to understand cause and effect
Places one peg repeatedly into hole
Stands alone
Bends down to pick up object
Walks sideways holding on to furniture
Walks 5 steps with good coordination
Pushes small obstacles out of the way
Walks about house or yard independently

Year 2

13 to 15 months

Anticipates routines in response to a familiar request
Uses 2 words appropriately
Uses 2 related objects (strikes drum with stick)
Uses object to perform social action (brushes hair)
Moves around large obstacle
Walks up and down stairs with help

16 to 18 months

Uses words to make wants known

19 to 21 months

Uses 8 words appropriately
Strings 2 words together (ma-ma bye-bye)

22 to 24 months

Imitates caregiver
Plays alongside other children
Asks others when needs help
Uses 2 and 3 words sentences
Matches objects
Pays attention to activities longer
Stacks large objects
Squats

Year 3

24 to 36 months

Enjoys helping around the house

Likes to be praised after doing simple tasks

Is aware of people's feelings

Understands most simple language

Communicates clearly

Fits shapes into matching holes

Sorts objects

Takes things apart and puts them together

Uses hands for complex tasks

Throws a ball

Runs, jumps, climbs

Source

Wonder Baby:

<https://www.wonderbaby.org/articles/development-charts>