

visual development

Introduction

The visual system is how we receive and process sensory information through our eyes. Our eyes and brain communicate constantly, working together to help us interpret our physical surroundings and make sense of the world around us.

Our visual development is complex and over time we can see objects, light & colour, movement, depth, discriminate objects against different backgrounds. Information from our eyes travel along many different structures in our eyes to the visual cortex in our brains where the brain interprets the information and gives it meaning, all within milliseconds of seeing it.

Our vision is the least developed sense at birth, due to receiving very little stimulation in the womb and there are lots of things that we can do to help our little one develop their vision.

Why is visual play important?

When our little ones are born, they don't yet have control over the muscles that work their eyes, oculomotor control, so by playing in a visual way not only are we helping these muscles, we are giving their eyes interesting things to see, interpret and discriminate.



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Repetition is really helpful

Repetition is really important with visual play, your baby needs a lot of time and practice to get precise and accurate with their visual control. As it is the least stimulated in the womb, it is really important that your little one gets an opportunity to do lots of practice in the early weeks and months of life.

Visual development in babies

In the first 3 months of life your baby is -

- learning to control their eyes to hold a steady gaze
- work on using their eyes together
- learning to focus on different objects at different distances
- following moving objects with their eyes

In addition to this your baby's brain is learning how to interpret the information and put meaning to it, this is called visual processing.

After the first three months your baby is learning about colours, distances and depth perception as they learn to reach, roll, move and crawl to objects.

