

Visual motor skills: Newborn to 3 months

Developing hand-eye movements

As your baby grows, they start to use their eyes and hands together. This helps them learn how to move, play, and coordinate hand-eye movements. Here are some skills to expect and ways to help your baby.

Your baby's skills

- Follows a moving toy.
- Recognizes faces, lights, and high contrast colors such as black, white, red and yellow.
- Starts to recognize their own hands.
- Can see objects 8 to 12 inches away.

Helping your baby

Following toys

- Use toys that are high-contrast or that light up.
- Slowly move toys side to side, up and down, and in a circle. This gives your baby time to focus on toy.



Baby Einstein and Take Along Tunes are good toys to use with baby

Recognizing hands

- Bring your baby's hands together like patty cake or clapping.
- Place toys in your baby's hands to hold.
- Use toys with different textures.
- Help baby reach for toys using your hand to guide them.
- Let them try



Bringing baby's hands together

Rehabilitation

For contacts or locations visit:

cookchildrens.org/services/rehabilitation/contact-us/



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.