Only 27% of Arizona children 5 years old and under receive vision screening — the lowest percentage in the nation!

Healthy vision is a strong predictor of academic performance in school-age children.

80% of children’s learning is through the use of their eyes.

1 in 4 school-age children has a vision problem.

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Children’s Milestones for Healthy Vision and Early Literacy

**MILESTONES**
At these ages a child...

**Can focus on parent/adult face (8 to 10 inches away).**
**Has good color vision.**
**Uses eyes and hands together to pick up and throw objects.**

**Birth**
- Talk with your baby about 8 to 10 inches from her/his face.

**6 months**
- Play with toys your baby can grab, pull, or kick while you talk and sing.

**1 yr.**
- Have your child’s eyes examined by your pediatrician at his/her well-child visit.

**Uses eyes and hands together well and sees if objects are far or near.**

**Sorts objects by shape and color.**

**Uses eyes, hands, and large body movements together, which are important for reading and writing.**

**Continues to fine-tune eyes’ ability to focus and follow moving objects.**

**2 yrs.**
- Provide paper and chubby crayons to practice early writing.

**3 yrs.**
- Talk together about shapes, colors, and number of objects when playing with your child.

**4 yrs.**
- Make time for building and stacking, rolling and throwing a ball back and forth, coloring, drawing, and cutting with child-safe scissors.

**5 yrs.**
- Call attention to letters on signs. Talk about letter sounds.

**Starts to read words on the page.**

**Uses healthy vision to be a good reader.**

**Reads chapter books. Is now learning an estimated 3,000 words a year.**

**6 yrs.**
- Make sure your child has regular vision screenings.

**7 yrs.**
- Build vocabulary through reading. Limit screen time to encourage reading.

**8 yrs.**
- Pay attention to complaints of headaches, burning/itchy eyes, or skipping over words when reading. Follow-up with an eye exam by an eye doctor.

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Eyes On Learning is aligned with Read On Arizona, the state’s 3rd grade reading initiative. Through awareness, early identification, and follow-up care, Eyes On Learning makes the connection that children’s vision health is key to helping advance early literacy and reading proficiency.

When Arizona Reads, Arizona Thrives
readonarizona.org