

AGING EYES INFORMATION SHEET



New-born babies are near-sighted and can focus on objects between 20 and 30cm from their face. That is about the distance of a baby's face to a person who may be holding them.



During the first few months of life, their eyes start working together as hand-eye coordination develops. By 2 months, babies can more easily focus on the faces of those around them. By 3 months, babies start following moving objects and people with their eyes.

By 5 months, a baby has developed colour vision and some depth perception. Between 1 and 2 years of age, a child's hand-eye coordination and depth perception (how far away something is) are more developed.



Eyes stop growing when a person reached around 20-21 years of age. By then, most people display signs of any eye abnormality, and genetic diseases and disorders of the eyes. Such as: near-sightedness, far-sightedness, and colour-blindness.



Our eyes continue to change as we age, especially after age 40. Around this time, our eyes start to lose their ability to focus. This condition is referred to as presbyopia, and some people experience a greater loss of focus than others.