



Vision Development

A baby's vision develops quickly during the first year of life.

- **Newborns:** Can see large shapes and faces, as well as bright colors.
- **By 3 to 4 months:** Most babies can focus on a variety of smaller objects and tell the difference between colors (especially red and green).
- **By 4 months:** A baby's eyes should be working together. This is when babies begin to develop depth perception (binocular vision).
- **By 12 months:** A child's vision reaches normal adult levels while he continues to learn about and understand what he sees.

CPR Certifications

Every parent or caregiver should know how and when to do CPR. When done correctly, CPR can save a person's life. Sadly, 70 percent of Americans feel helpless to act during a cardiac emergency because they either do not know how to administer or their training has significantly lapsed. Southern Tier Health Care System is hosting a CPR certification class for parents and caregivers on April 20th, from 4-7 PM. This class will teach and prepare participants how to complete adult, child, and infant CPR, Basic First Aid, and choking relief. This CPR training is at a reduced price of \$20 per participant, thanks to the generosity of the Garman Family Foundation.

Register at <https://www.sthcs.org/safe-kids-events.html>.

