

infantino®

*5-in-1 Epic Developmental
Learning Gym™ Play Guide.*



Welcome to the world of the *5-in-1 Epic Developmental Learning Gym™* Play Guide. We are so happy to be a part of your parenting journey for the next 24+ months. At Infantino, we designed a play gym that will be there for you and your baby at every developmental milestone of the way.

As parents, we know that keeping up with your baby's development stages requires lots of resources and time. This is why we were inspired to create a quality play gym focused on the stages of development, without the clutter and high price tag.

For us, it comes back to the joy of parenting. Keeping playtime simple, meaningful, and delightful for everybody.

As you go through this play guide keep in mind that babies develop differently. Some babies can't wait for what's next, while others are comfortable maintaining their current developmental milestone, and that's okay. Use this as a guide and not an absolute. Always discuss your baby's development with your pediatrician first and adjust when necessary.

Notes to Parents:

- Take lots of pictures and share your baby's accomplishments
- Read books often to your baby
- Take time for you - meditation, exercise, a bubble bath, fresh air
- Trust yourself and ask for help when you need it
- Really sleep when the baby sleeps
- Be kind to yourself and laugh at your mistakes
- Be present and soak in these very special moments
- Do one thing that makes you happy every day
- Get on your baby's level - look them in the eyes, come down to the floor, rock them when they need it
- The dishes can wait

The Play Guide

This play guide is designed to walk you through the stages of developmental play & learning from tiny to toddler.





0-3
Months

Your Baby 0-3 Months

- Recognizes and feels comfort in the sound of your voice
- Can focus on objects nearby
- Begins to show emotion through a happy 'baby grin'
- Sees in black and white up until about 7 weeks
- Begins to lift their head as muscles get stronger
- Finds amazement in their little hands and fingers and enjoys putting them in their mouth

Unique Moments for Your Baby 0-3 Months



Schedule or DIY a newborn photo shoot. This is a moment you will cherish forever.

Make your bond stronger with lots of skin-to-skin time.

0-3
Months



High Contrast Flashcards 0-3 Months

Why do it?

High contrast flashcards offer cognitive development for strengthening the connection between your baby's eyes and brain. This is important because baby's rely on their eyes in these early stages and throughout their life. Plus, displaying a flashcard near your baby gives you something to talk about with your them, maximizing your time together as they take it all in!

The Play Guide

- Attach the Black and White Flashcards through the loops on the adjustable arches.
- Lay your baby in the play arena on their back so they can gaze up at the cards. They may stare at one card or scan them all.
- Mix it up by switching the cards to the other side.
- Use the images on the double-sided flashcards to talk about animals, shapes, and patterns with your baby.

0-3
Months

Visual Tracking 0-3 Months

Why do it?

Visual tracking helps babies follow a moving object and strengthens their eye muscles for tracking people, toys, and food.

The Play Guide

- Remove the Black and White Flashcards from the arches.
- Hold it near the eyes (8 to 10 inches away) and slowly move the image to the left, right, up, and down.
- Take the Elephant Pal and do the same steps and watch your little one focus with joy.



0-3
Months

Side Playing 0-3 Months

Why do it?

Side playing helps remove pressure on the back of your baby's head. This is important for preventing soft spots and requires a parent's full attention.

The Play Guide

- Lay your baby on the play mat.
- Gently roll them on their side.
- Use a supportive hand to help your baby stay in this position. You may also use the tummy-time bolster behind their back for extra support.
- Get their attention with the high-contrast flashcards or any of the toys that come with the gym.
- Praise them for a good job, turn them to the other side after, and repeat!



3-6
Months

Your Baby 3-6 Months

- Expresses self with sweet coos and full-on adorable smiles
- Needs tummy-time daily for strong neck, chest, and arm muscles
- Eyesight sharpens and depth perception improves
- Uses hands and eyes to coordinate playing with objects
- Begins babbling consonant-vowel sounds like "ga-ga"
- Recognizes basic words like "hi" and "bye"
- Explores objects by bringing them to their mouth (this is normal!)

Unique Moments for Your Baby 3-6 Months

Download our nursery rhyme lyrics **here** (*TWINKLE, TWINKLE LITTLE STAR, ITSY BITSY SPIDER, AND OLD MCDONALD HAD A FARM*) and sing them to your baby during tummy time daily, 1-5 times. This helps babies develop language skills and muscles while listening to their favorite voice. We also recommend that you begin introducing your baby to **baby sign language** to develop the foundation for communicating their basic needs and wants. Even though they can't talk yet this will pay off in the long run. Invest now!

3-6
Months

Grasping, Batting & Reaching 3-6 Months

Why do it?

Grasping is your baby's first step to learning how to hold things. It also encourages them to bat and reach for objects.

The Play Guide

- Lay your baby on their back in the play arena.
- Adjust the arch to the 30° angle to bring the hanging toys within your baby's reach.
- If your child doesn't respond, jiggle the toys to gain their attention.
- Mix things up by switching the hanging toys on the interchangeable loops.



3-6
Months

Kick to Play 3-6 Months

Why do it?

Kicking helps with developing bones, muscles and joints. It also makes them aware of their body.

The Play Guide

- Lay your baby on the mat with their back touching the soft fabric.
- Attach the extra soft wearable rattle around their ankle.
- Gently move your baby's foot in an up and down motion so they can hear the rattle.
- Encourage your baby to continue kicking their foot for delightful rattling sounds.
- You can also slide the electronic piano under your baby's feet and encourage them to kick for musical sounds and melodies. 🎵🎶🎵🎶

3-6
Months



Mouthing & Teething 3-6 Months

Why do it?

Mouthing and teething helps your baby explore objects and different textures. It also prepares your baby for using their mouth and teeth later in life for activities like talking, eating, drinking and even making facial expressions.

The Play Guide

- Lay your baby on their back or side in the play arena
- Detach the green loopy ball
- Guide your baby's fingers to grasp the ball using the easy-to-hold loops
- Allow your baby to explore the multiple textures of the loopy ball using their mouthing senses

3-6
Months



Tummy-Time 3-6 Months

Why do it?

Tummy-time strengthens developing muscles and is essential for physical development like rolling over, sitting up, crawling, and walking. Tummy-time also provides babies with a new perspective of their environment and can help with torticollis and flat head syndrome.

The Play Guide

- Place the tummy-time bolster in the center of the play arena.
- Carefully place your baby on the tummy-time bolster.
- Adjust the arches so the hanging-linking toys are within your baby's reach pat and grasp.
- You can also remove the toys and place them on the mat within your baby's reach.



3-6
Months

Rolling Over 3-6 Months

Why do it?

Rolling over helps your baby strengthen their muscles and helps with balance and body awareness.

The Play Guide

- Lay your baby on their back or side in the play arena.
- Detach the elephant pal and bring it in sight for your baby to track with their eyes.
- Slowly move the elephant pal across their midline so they have to roll over to see it.
- If your baby struggles with rolling over continue having them practice laying on their side and on their tummy.



6-9
Months

Your Baby 6-9 Months

- May sit, crawl, or stand
- Starts to make sense of the world by exploring objects
- Gets a kick out of dropping things and hearing the sounds they make
- Realizes their actions have an effect like pushing a piano key
- Enjoys socializing like playing peek-a-boo
- Fine motor skills advance in hands for stronger grasping and grabbing
- Makes sense of language - keep reading lots of books to build vocabulary

Unique Moments for Your Baby 6-9 Months

As your baby begins to eat solids, we made it easy for you to put your personal touch on what your baby eats. Introduce your baby to new flavors and textures using the **Infantino Squeeze Station** - a popular must-have backed by moms. It makes mixing up all-natural purees and smoothies at home easy and convenient.

6-9
Months

Sensory Play 6-9 Months

Why do it?

Sensory Play encourages your baby to explore their senses like sight, sound and touch. The more your baby explores the more they become comfortable and aware of their senses.

The Play Guide

- Place the tummy-time bolster in front of the pat mat station.
- Carefully lay your baby on their tummy using the tummy-time bolster for support.
- Gently use their hand to pat and move the shapes inside the net.
- Encourage your baby to continue patting the shapes on their own.



6-9
Months

Fine Motor Skills 6-9 Months

Why do it?

Practicing fine motor skills prepares your baby for lifelong skills like stacking objects, brushing their teeth and writing.

The Play Guide

- Place the tummy-time bolster in front of the electronic piano station.
- Carefully lay your baby on their tummy using the tummy-time bolster for support.
- Demonstrate how to lift the piano key flaps on the keyboard one flap at a time.
- Point at one flap and tell your baby to lift it.
- Applaud your baby and encourage them to lift another flap.

6-9
Months



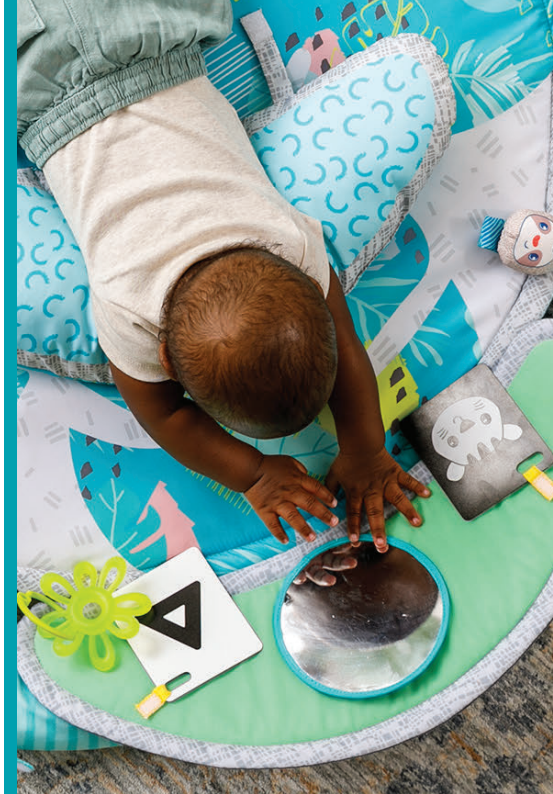
Self Awareness Skills 6-9 Months

Why do it?

Allowing your baby to see their reflection teaches them to become self aware and even lights up their face. This helps babies realize they exist in the world and are a part of their environment.

The Play Guide

- Place the tummy-time bolster in front of the selfie mirror station.
- Carefully lay your baby on their tummy using the tummy-time bolster for support.
- Point out the mirror and when your baby catches sight of their reflection respond with "Hello, (your baby's name)."



6-9
Months

Crawl to Play 6-9 Months

Why do it?

Crawling is the beginning of independent movement for your baby. It helps them develop balance and prepares them for sitting and walking. Crawling also helps your baby with their coordination skills.

The Play Guide

- Place the tummy-time bolster in front of the selfie mirror station.
- Carefully lay your baby on their tummy using the tummy-time bolster for support.
- Point out the mirror and when your baby catches sight of their reflection respond with "Hello, (your baby's name)."
- You can also attach the high contrast flashcards to the selfie mirror station to make this time more special. Try placing a card in front of your baby and remove it out of sight then bring it back in sight. This helps babies understand the concept that objects exist even out of sight.

6-9
Months

Sit & Play 6-9 Months

Why do it?

Sitting has a positive impact on your baby's ability to explore objects. Sitting helps your baby strengthen their developing muscles and with balance.

The Play Guide

- Place your baby in a sitting position on the play mat.
- Adjust the arches to the 30° angle so your baby can sit and reach the toys.
Let them play here for a while.
- Lower the arches so they are touching the mat and remove the toys.
- Place toys or detachable play stations within baby's reach.
- This is a great opportunity for you to observe what interests your baby.



9-12
Months

Your Baby 9-12 Months

- Bring out the safety locks and outlet covers
- Baby is mobile and curious about everything in their reach
- Continues to put items in their mouth to explore textures
- Learns by mimicking like watching you brush their hair then trying it them self
- Realizes objects that are out of sight exist like that toy under the blanket
- Cruises around using furniture surfaces for balancing
- May begin to intentionally speak saying words like "baba," "mama," or "dada"
- Holds a spoon during feeding time increases their fine motor skills

Unique Moments for Your Baby 9-12 Months

Bring out some basic home items like pots, wooden spoons, Tupperware with lids, and let your baby explore sensory play.

9-12
Months

Cause & Effect Play 9-12 Months

Why do it?

Your baby may become more aware of the impact their actions have. Cause & effect helps babies understand this as well as the concept that objects exist even out of sight.

The Play Guide

- Sit your baby in the play arena or use the tummy-time bolster if they are not sitting yet.
- Position your baby near the electronic keyboard so it is within their reach.
- Demonstrate to your baby how to push the keys on the piano.
- Encourage your baby to push the keys.
- Switch it up with the 3 entertaining piano modes (keyboard, musical tunes, and sounds).
- You can also attach the high contrast flashcards to the selfie station using the baby safe velcro attachments. Remove one flashcard at a time and place it behind you. Ask your baby where it is and see if they point at you. Do this until all of the cards are gone.



9-12
Months

Animal Identification 9-12 Months

Why do it?

Your baby may not be talking much, but they are working on their auditory comprehension. Associating pictures with words helps babies boost their vocabulary and understanding of language and the world around them.

The Play Guide

- Using the animal side of the flashcards point to the animal and say its name twice. For example, "sloth-sloth!." (You can hold the flashcards in your hand or attach them to the gym).
- The electronic piano also plays animal sounds and is a great learning tool for furthering your baby's understanding about animals.
- Take learning a step further with **animal sign language!**



9-12
Months

Take & Play 9-12 Months

Why do it?

Your baby may be keeping you a little busier these days. Keeping up with their curious minds and busy hands can be quite the task. Being prepared with your baby's favorites ensures you're ready to entertain anywhere.

The Play Guide

- Everything is detachable, which means you can take any of the 5 toys or 3 play stations with you and baby on-the-go. Simply remove and throw them in your diaper bag.
- Toys can link to your stroller bar and playstations are perfect for playtime in the grass or grandma's house.



9-12
Months



12-18
Months

Your Baby 12-18 Months

- Stacks objects and knocks them down
- Understands the concept of helping clean up after playtime
- Becomes curious about household items like the phone and vacuum
- Begins to grasp smaller items with their fingertips
- Shares their opinion by shaking their heads for “yes” or “no”
- Enjoys listening and pointing to objects you mention
- Finds comfort in a security blanket or stuffed animal
- Starts to say simple CVC words like “dog” and “cat”

Unique Moments for Your Baby 12-18 Months

For your child's first birthday, ask gift-givers to forgo the card and give a book instead. We made this a simple request for you with this book request card that you can slip into any invitation envelope or attach to a digital invitation. This will help expand your little one's library and vocabulary.

12-18
Months

Number Counting 12-18 Months

Why do it?

Counting is one of the first forms of math your baby is exposed to and will eventually master as a useful lifelong skill.

The Play Guide

- Use the electronic piano to introduce picture counting and numerical counting your number.
- Point at a number and say the number.
- Count the circles for each number.
For example, for the number five count the circles out loud, "1 circle, 2 circles, 3 circles, 4 circles, 5 circles!"
- Practice each number and encourage your little one to repeat after you and pretty soon they will be counting with you!



12-18
Months

Color Naming 12-18 Months

Why do it?

Your baby's eyes are developed and they can see colors clear. Your baby may even have a favorite color by now and they may begin to associate colors with objects.

The Play Guide

- Use these **downloadable flashcards** to introduce basic colors to your baby.
- Point to the card and say the color. For example, "purple!"
- Ask your baby to repeat after you and continue through the deck.
- At the end spread out all of the flashcards and ask your baby, "which one do you like?" It's okay if they have more than one favorite color.

12-18
Months

Caring for a Playtime Pal 12-18 Months

Why do it?

Your baby may already have a favorite toy or blankie that they take care of, but if they don't, showing them how to take care of their playtime pal is a good introduction to teaching your child empathy.

The Play Guide

- Ask your baby where their playtime pal is periodically so they can find it and don't forget about it.
- Pretend the playtime pal is hurt and show your baby how to care for it. Then encourage them to care for the playtime pal.
- Allow your baby to take their playtime pal on adventures but try to link it nearby so it comes back home.

12-18
Months





15-24⁺
Months

Your Baby 15-24+ Months

- Builds towers and castles with blocks
- Begins to use their imagination for pretend play like feeding doll
- Enjoys running, especially during a game of hide-and-seek
- Points at body parts and other familiar objects
- Plays independently for longer periods of time

Unique Moments for Your Baby 15-24+ Months

Your child needs lots of movement at this age. Go on a daily walk with your child, even if it's just for 5 minutes. If the weather doesn't permit a walk outside turn on the music and wiggle-wiggle!

15-24⁺
Months

The Learning & Playing Goes On 15-24⁺ Months

Why do it?

Your little one is continuing to build their cognitive skills and vocabulary at this age so we have some bonus content for continuing their learning.

The Play Guide

- Body Parts: Your baby will love learning about their head, shoulders, knees, and toes with these **downloadable flashcards**.
- First 25 words: This a comprehensive list of the 25 most popular first words for early speakers. **List of words here**.

Basic Colors: Your little one will love learning their colors and using

- colors to describe objects with these **downloadable flashcards**.

15-24⁺
Months

Perfect Companions for Extending the Learning & Playing 15-24⁺ Months

Our Balls, Blocks, and Buddies match the high contrast animal flashcards included in this gym and are the perfect 3D addition for practicing animal identification and animal sounds.



Our 2-in-1 Tummy-Time Seated Support is great for providing seated support for early sitters.



15-24⁺
Months

*Thank you for learning and playing with the 5-in-1
Epic Developmental Learning Gym™.*

*We hope that this play gym brings lots of fun and
giggles to your baby's playtime. Please remember
to always supervise your baby and model how to
complete the activities mentioned in this play
guide. This will give your baby confidence and help
them learn!*

*We'd love to see your epic moments.
Tag us on*



@infantinobaby