

# Record Your Baby's Milestones

Birth+

2+ months

3+ months

5+ months

6+ months

9+ months

12+ months



7-in-1 Senses & Stages Developmental Gym™

## Baby Developmental Play Guide

Dear parents,

Say hello to a world of play with the 7-in-1 Senses & Stages Developmental Gym™!

Play is the way babies grow and learn about the world around them. With play zones and toys that are just right for their age and stage, this gym supports your baby's development from birth and into the toddler years.

Explore this guide to find suggestions about how to use your gym to best encourage your child's development. We carefully created play zones and tools to help stimulate their senses and develop their mind and muscles.

A description of first-year milestones is included for your reference with a handy place to record your baby's progress. Congratulations on beginning an adventure in discovery with your baby.

Sincerely,  
Your friends at VTech®



## Balls

Babies love balls! They love to hold them, roll them, toss them and put them into the nets and sloth storage bag included with your gym.



## Prop Pillow

Soft yet supportive, the tiger-iffic prop pillow makes it a little easier for your baby to get used to tummy time. As they get older, use it to support seated play.

## Links

We make it easy for you to attach toys to the mat and arches with multiple links. Regularly change out the dangling toys baby sees to keep playtime fresh.

## Mirror

Babies adore mirrors, though the reasons change as they grow. At first, they like to look because they see a face. Later they love to look because they realize it is their own face, helping develop their sense of self.



# Developmental Toys



## Xylophone

Babies can kick, pat and press the xylophone to explore cause-and-effect relationships. When your baby gets older, the detachable xylophone makes a perfect take-along toy that teaches colors, first words and more.

## 6 Dangling Toys

Look, reach and grasp! Little ones will appreciate each toy in different ways at different stages. From early visual stimulation to exploring textures and looking in the mirror, there's a lot to discover here.



## Image Cards

Give your baby interesting images to look at to help them develop their growing visual skills. At first, they are drawn to black-and-white patterns. Later, the color red gets recognized, followed by all the other colors. There is so much to see!



# Developmental Milestones

The four play zones and activities were carefully designed to stimulate your child's growing senses to promote their mental and physical development.

## Visual Zone

## Sensory Zone

## Music Zone

## Ball Zone

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Stares and gazes at faces and high-contrast visuals

Detects visual differences in patterns

Looks at objects with interest, shifting focus from one to another, then back again

Smiles and reacts to reflection in mirror

Responds playfully to reflection in mirror, exploring action and reaction

Wiggles arms and reaches for dangling objects

Uses mouth and fingers to explore objects and textures

Bangs or bats objects together or against surface. Moves to touch out-of-reach objects.

Extends arm to reach and grab

Extends neck and lifts head during tummy time

Kicks and stretches out one or both legs

Searches for sources of sounds

Touches and taps toys to see what happens

Improved hand-eye coordination

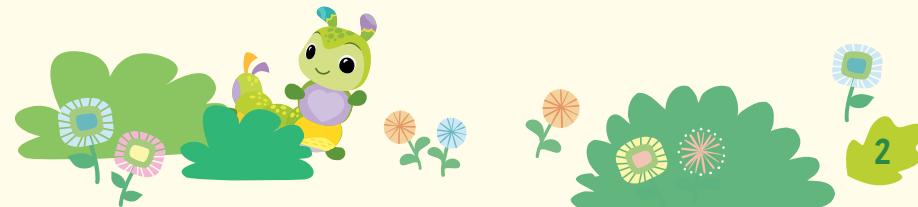
Grasps and releases small objects

Engages in repetitive actions with toys

Sits up and stays seated

Picks up and drops objects repeatedly

Throws object and watches where it goes



# 7 Stages of Play



## Birth+

### Visual Play

With overhead arches and colorful, patterned, dangling toys, your little one will have lots to look at as their eyes begin to focus and track.



## Sensory Zone

With the mat unfolded, place your baby where they can explore multiple fabrics. Set up the image cards on the stand and place a linking toy within easy reach.

**What to use:** Play mat, linking toys, links, image cards, stand.

**Developmental benefits:** Tactile stimulation, visual stimulation, oral sensory discovery, fine motor skills.

## Music Zone

This versatile xylophone can be set up on the stand to make it easy for baby to kick or to interact with during tummy time. Detach the xylophone for take-along play for music on the go.

**What to use:** Play mat, xylophone, stand, prop pillow.

**Developmental benefits:** Auditory stimulation, visual stimulation, gross motor skills, fine motor skills.



# 4 Developmental Zones

## Visual Zone



Spread the mat out flat, then set up the mirror, image cards and detachable toys to engage your baby's interest. Lay your baby on their back to gaze at dangling toys on the arch.

**What to use:** Play mat, image cards, mirror, stand, arches, links, dangling toys.

**Developmental Benefits:**  
Visual stimulation, discovery.



## Ball Zone

Turn the gym into a ball pit by folding up and securing the sides of the mat. Add the balls and play the day away!

**What to use:**  
Play mat, balls.

**Developmental benefits:**  
Tactile stimulation, gross motor skills, fine motor skills, hand-eye coordination.



## 2+ months

### Tummy Time

Encourage core muscle and neck strength development with the prop pillow, image cards and detachable toys.



## 3+ months

### Kicking Play

Flip up the side panel and reward little kickers with a musical xylophone that lights up and plays sounds and melodies when your baby's feet make contact.



## 5+ months

### Sensory Play

Explore the sensory zones on the play mat with toys that link to the mat or hang overhead, visual cards and textures to tickle your baby's senses.



## 6+ months

### Seated Play

Create a cozy spot for playing by folding up the mat's soft sides. Add toys and play! It's big enough for a friend to join.



## 9+ months

### Ball Pit Play

Add the 20 balls to the play space to make a super fun ball pit. Babies can place balls in the nets, and grasp and throw them to strengthen motor skills.



## 12+ months

### Independent Play

Take songs, first words and flashing lights on the go with the detachable xylophone.