

# *Explore on the Floor*

MINI KIT PLAY GUIDE

0M+

LOVE

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*Hi, You*

Hi, you!

You have a new life in your life—congratulations!

New babies bring a complex mix of exhaustion, pride, uncertainty, conviction...and perhaps a little too much advice. I still remember the biggest questions on my mind when I brought my first baby home: *What does this baby need, and how do I give it to him?*

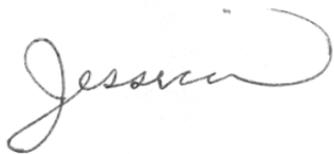
I'm here with you because I was inspired by a doctoral thesis on infant brain development. It was called "A Program of Ideas Based on Current Research Findings on the Neurological Development of Infants."

I know—so nerdy—but someone gave it to me before I had my first baby, and it changed everything for me as a parent. I felt truly connected to my baby and what was going on with his development. I discovered what he needed at each stage and learned specific things that I could do to help.

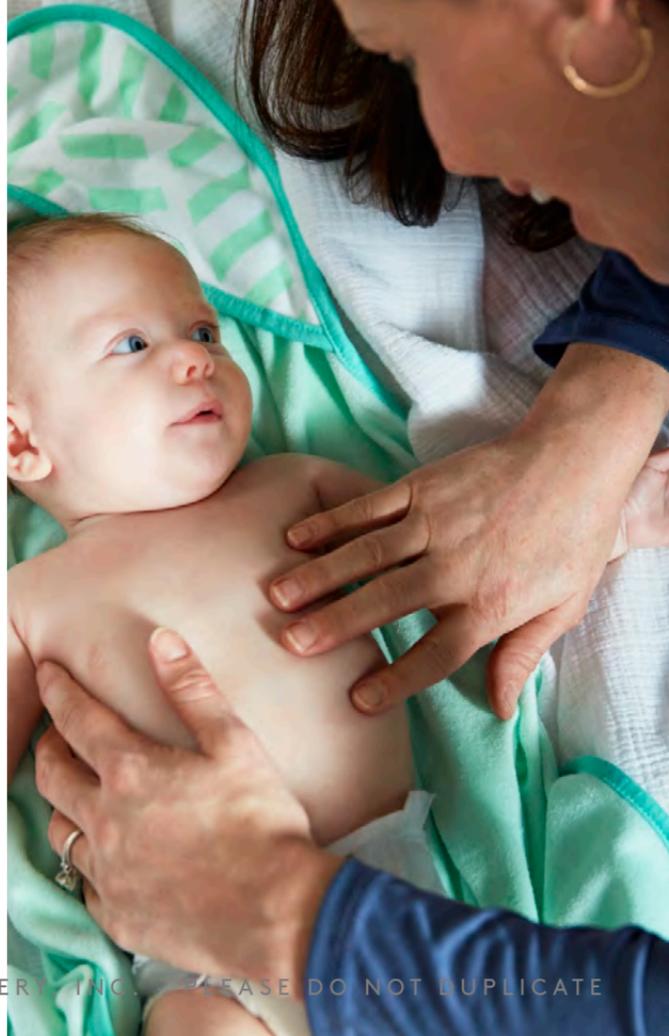
This collection—along with the rest of the Lovevery toys and parent information—is me sharing the best of what I learned with you.

Thank you for including us in this special time.

XO,

A handwritten signature in black ink that reads "Jessica". The signature is fluid and cursive, with a long, sweeping tail that loops back under the name.

**Jessica Rolph**  
Cofounder and CEO



## Included with the Explore on the Floor Mini Kit



### ANYTIME ACTIVITY MAT

with detachable Square Teether  
& Sound Square



### HIGH-CONTRAST WOODEN BOOK



### BLACK & WHITE WALL DECALS



### RAINBOW RATTLE LINK

Important safety note: Always supervise your baby during tummy time, and place them on a low, safe surface.  
Avoid thick bedding, pillows, or other soft materials that may pose a suffocation risk when your baby is on their belly.

# *Sensory Exploration*

*Tip*

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**Engage only one of  
your *newborn's* senses at  
a time.**

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**Fact:** *In the first 18 weeks of life, babies crave increasingly complex high-contrast images.*

## Sight

Babies have a lot to hear, taste, and smell in the womb, but there isn't much for them to see. Their vision is fuzzy when they enter the world, but it gradually becomes clearer as they use their eye muscles and strengthen their ocular neurons.

A newborn can perceive hints of color, but it will be some time before they can see those colors vividly. Areas of high contrast—like a black pattern on a white background or dark hair against a light wall—are easier for new eyes to focus on. High-contrast images and patterns help your baby practice coordinating and focusing their eyes.





## Give your baby:

- Objects and faces to focus on at a distance of about 8 to 12 inches.
- Increasingly complex high-contrast images.
- Pictures and patterns with borders—your baby’s eyes are attracted to clear lines separating light from dark.
- Visual stimulation about 30 degrees to the right or left of their face. Until they’re 2 months old, your baby will have better vision out of the corners of their eyes.
- Opportunities to practice tracking slowly moving objects.

**Tip:** *Do your best to limit background noise during your newborn's playtime.*

## Sound

Between about 2 and 4 months, your baby may start looking for the source of a sound they hear. You'll see them tune in and look, but they won't likely figure it out or even look in the right direction.

You can help them begin to build this skill by making the source of the sound they hear easier for them to see. For example, you might gently ring the chime in the Sound Square or shake the Rainbow Rattle Link. See if your baby looks toward the source of the sound. If they don't respond, continue to make the sound as you slowly move the object into their view.





## Give your baby:

- The sound of your voice speaking or singing.
- A variety of sounds—like crinkling, rattling, a bell ringing, and running water. These sounds are familiar to you, but they're new to your baby.
- Opportunities to practice tracking and finding the source of a sound.
- A quiet room as they play—background noise makes it harder for them to locate new sounds.

**Fact:** *Skin-to-skin time is not just for the hospital.*

## Touch

Touch is one of the earliest experiences you give your baby, and it starts with skin-to-skin contact. Skin-to-skin helps regulate your baby's body temperature, heart rate, and stress levels.

At first, when your baby's hands are still in tight fists, learning through touch is really a whole-body experience for them. This is how they learn about texture, temperature, and the borders of their own body. Their arm movements, governed by reflexes, are jerky and mostly involuntary at this point. But as your baby's fists open and they start to bat at objects, you'll see an important cognitive development—intentional tactile exploration.





## Give your baby:

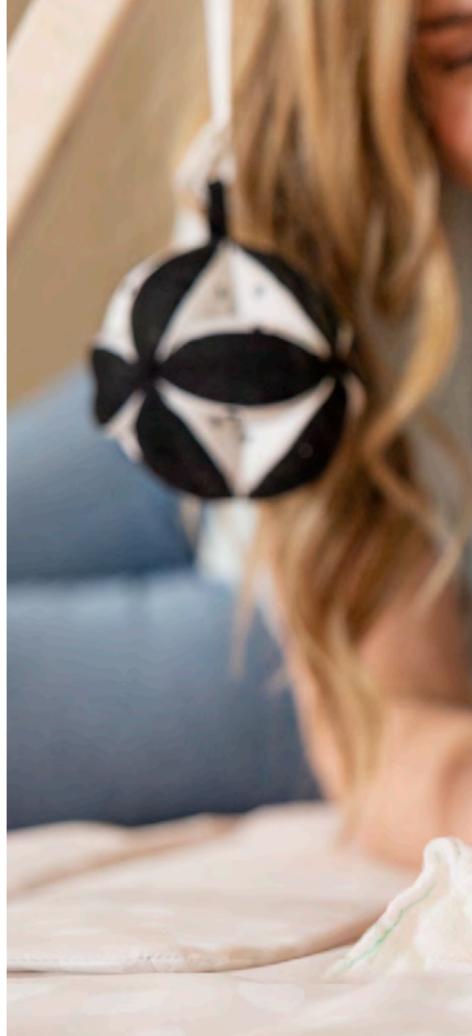
- Gentle massages.
- Skin-to-skin time at home in their first few weeks of life.
- Tummy time on various surfaces—like your lap, your chest, the Anytime Activity Mat on the floor, or The Play Gym.
- Safe-to-explore objects that they can first hit unintentionally, then learn to bat on purpose.

**Fact:** *In their first 6 to 9 months, your baby uses their mouth to learn about objects more than they use their hands.*

## Mouthing

Your baby's mouth is at the center of their tactile system. Mouthing is how they learn about sensory qualities like shape, density, texture, and taste. As they mouth objects, your baby will experiment with different ways of moving their lips, tongue, and jaw. Studies show that these experiences prepare babies to talk and eat solid foods.

Mouthing is not only a healthy form of discovery, it's also a sign of physical and cognitive development. Grasping and bringing an object to their mouth requires your baby to coordinate their vision and motor skills.





## Give your baby:

- Objects to mouth and gum. If they aren't yet bringing an object to their mouth on their own, you can gently hold it there for them.
- Teethers with different textures—like smooth, ridged, soft, and bumpy.
- A teething cloth—like the one in The Charmer Play Kit—frozen briefly to let your baby experience different temperatures.

# *The Playthings*



**Freedom to move and explore on the floor**

0+ months

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# Freedom to move and explore on the floor

## Anytime Activity Mat

### Why do this

Many experts recommend that babies spend more time on the floor—and less time in seats, swings, and strollers—to build muscle strength and control. One of the best things you can give your baby right now is the opportunity to discover their body through unrestricted movement.

### How to do it

- Try putting the Anytime Activity Mat on the kitchen floor and letting your baby play there while you prepare a meal. Choose an out-of-the-way spot where you can still see your baby at all times and they're protected from heat and potential spills.
- Place your baby on their back or side and offer them the detachable teether to mouth.



**High contrast by the changing table**

0+ months

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# High contrast by the changing table

## Wall Decals

### Why do this

Until about 2 months of age, your baby's vision is sharpest out of the corners of their eyes. Placing high-contrast images slightly to the side—about 30 degrees to the right or left—gives them something they can look at and enjoy during diaper changes.

### How to do it

- Slowly peel each decal from its backing and place it on your wall.
- If you need to adjust the placement, carefully peel off the decal and restick.
- When you're done using the decals, you can store them on waxed paper to pass along to another baby.



**High contrast for happier tummy time**

0+ months

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# High contrast for happier tummy time

## Anytime Activity Mat

### Why do this

Giving your newborn a high-contrast pattern to look at during tummy time helps hold their attention, allowing them to stay in tummy time longer. The black and white pattern will also encourage them to lift their head and chest for a better look, building upper body strength and motor control.

### How to do it

- Place your baby on the black and white side of the Anytime Activity Mat, then slowly roll them onto their tummy with their arms tucked under their shoulders.
- If your baby's head rests to one side, periodically turn it gently to the other side. Head turning helps avoid flat spots and tight neck muscles.
- As your baby gets stronger, they'll work to lift their head and chest for a better view of the high-contrast pattern.
- Put your baby on their tummy several times a day—just a few minutes per session. If they get fussy, roll them onto their back for a little break and then try again. For babies 1 to 2 months old, aim for at least one tummy time session each time they're awake. These short sessions add up, and some babies at this age will do 15 to 20 total minutes of tummy time per day.



## Storytime facing you

0+ months

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# Storytime facing you

## High-Contrast Wooden Book

### Why do this

In the first 3 months, your baby is particularly attracted to bold, high-contrast images—especially the border or edge where dark and light meet. This sharp transition gives your baby's eyes the clearest place to focus. By around 2 to 3 months, your baby may also begin to notice red, which is one of the first colors they can distinguish.

### How to do it

- Your baby loves to see your face when you read to them. Sit on the floor with your knees bent and place your baby on your lap, facing you. A fuzzy blanket over your knees gives your baby a soft place to rest their head.
- Hold the High-Contrast Wooden Book about 8 to 12 inches from your baby's face.
- Talk about the animals and patterns—your baby loves to hear your voice.
- Follow their interest, turning the page only when they look away. They may study a page for longer than you expect.



**Follow the sound**

2+ months

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# Follow the sound

## Sound Square

### Why do this

Your baby's ability to notice and turn toward a sound develops gradually during the first months of life. Around 2 to 4 months, babies begin to slightly turn their eyes or head toward the source of a sound, especially if it's gentle and close.

### How to do it

- Place your baby on their back in a quiet space and sit next to them.
- Hold the Sound Square about 8 to 10 inches from their ear, just outside their line of sight. Gently shake or tap the square to make a soft sound, then pause and watch to see if your baby's eyes or head move toward it.
- Shake and move the square slowly to the other side, giving your baby time to track and listen to the chime. Keep it short and playful—just a few tries is plenty.



## Reach, bat, and grasp

2+ months

# Reach, bat, and grasp

## Square Teether, Sound Square, and Rainbow Rattle Link

### Why do this

Sometime between 3 and 4 months, your baby will start intentionally reaching toward an object without being able to grasp it quite yet. You can help by giving them lots of practice batting at safe dangling objects.

Try suspending the Sound Square, a teether, or the Rainbow Rattle Link from the frame of The Play Gym.

### How to do it

- Detach the Sound Square and Square Teether from the Anytime Activity Mat. Then, attach them to The Play Gym along with the Rainbow Rattle Link.
- Place your baby on their back with their chest in line with the dangling toy. They'll love having something new to bat and reach for.
- At about 1 to 3 months old, babies will often start to wave their arms around when they see a toy. Gently reposition your baby if their hands and arms aren't making contact with the dangling toy.
- By 4 to 6 months, your baby may be able to reach for an object—like the Square Teether—with one or both hands and grasp it for a moment or two.



**Reach during tummy time**

**4+ months**

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# Reach during tummy time

## Anytime Activity Mat

### Why do this

Tummy time isn't meant to be an activity in itself— it's more of a playtime position. The crinkle fabric, teether, and ribbons attached to the Anytime Activity Mat encourage your baby to reach while on their belly. This is how they learn to shift their weight and eventually to roll or pivot.

### How to do it

- Once you see your baby grasping for or scratching at an activity mat texture directly beneath their hands in tummy time, you can encourage them to reach. Place your baby on their belly on the activity mat, facing the crinkle corner.
- Position your baby so the crinkle fabric is within their reach but not directly underneath their hands. Crinkle the fabric to make the sound and see if your baby reaches to touch it.
- Move them to the ribbon corner and flutter the ribbons to encourage your baby to reach and explore.
- Around 5 to 7 months, you can position your baby so the textures are just beyond their reach. See if they inch forward to grasp and play.



**Press up and pivot in tummy time**

4+ months

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# Press up and pivot in tummy time

## Rainbow Rattle Link

### Why do this

To build the muscles for getting into a sitting position on their own and eventually for crawling, your baby needs to practice pushing up through straight arms. Pivoting toward a sound is a good way to motivate your baby to try this. For now, they'll only press up briefly to pivot. Think of this like a baby push-up.

### How to do it

- Place your baby in tummy time with their arms tucked under their shoulders. Arrange the Sensory Links from The Looker Play Kit and the Rainbow Rattle Link in front of your baby to capture their attention.
- Next, slowly slide the links out to one side of your baby in an arc. Stop when the links are in line with your baby's hips. Gently shake the rattle to entice your baby to pivot toward the source of the sound. Pivoting requires your baby to briefly straighten their arms and support their weight with their hands.
- Now, slide the links in the other direction, maintaining the arc. Make the gentle rattle sound to encourage your baby to turn their head and possibly pivot their body as well.

*More Lovevery*

# More *fun and learning* from Lovevery



**Listen to a lullaby together**  
Find the Lovevery lullaby "We're Awake"  
on Spotify and Apple Music

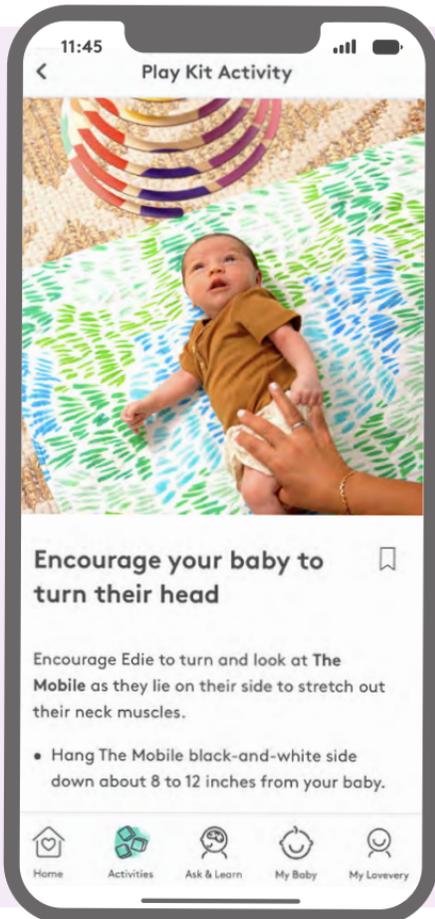


**Follow along in the book  
that goes with it**  
Scan the QR code to find the 'We're Awake'  
book in The Play Kits or Early Reader Club



**Add more learning zones  
with The Play Gym**  
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# Could your baby be *craving* more?

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