



**je porte mon bebe**  
**PhysioCarrier**

PHYSIOLOGICAL  
BABY CARRIER

user's guide

3,5\*/5 - 20KG 0/4 - 36 M

\*with optional booster & neck  
pillow pack



# je porte mon bebe PhysioCarrier



MIRROR FOR BACK CARRYING



TRANSPARENT VENTILATED HEAD COVER



HEAVY-DUTY VENTILATED PADDING (2,5cm)



FOUR-SEASONS ROLL-UP THERMO-VENTILATION FLAP



## LATERAL ADJUSTMENT STRAPS:

- Adjust capacity to size of baby, from newborn to large baby.
- Support the flexed position of the knees and help tilt the pelvis.
- Allow weight to be distributed between shoulder suspenders and lumbar belt.



FRONT, SIDE AND BACK CARRY



BABY'S PHYSIOLOGICAL SEATED POSITION



4 SEASONS THERMO-VENTILATION

# PhysioCarrier **je porte mon bebe**

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(optional booster and neck pillow)	
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**IMPORTANT NOTICE:** KEEP FOR FUTURE REFERENCE

# Setting up your PhysioCarrier baby carrier



**1.** Hold the baby carrier upside down, with the outside against you.



**2.** Turn the belt so that the foam side is against you. Rotate the belt around your waist so that the baby carrier is behind you.



**3.** Put the male clip of the lumbar belt into the safety elastic. Attach the clip and check that it is secure. You should hear a click.



**4.** Adjust the strap, then bring the baby carrier around to the front again.



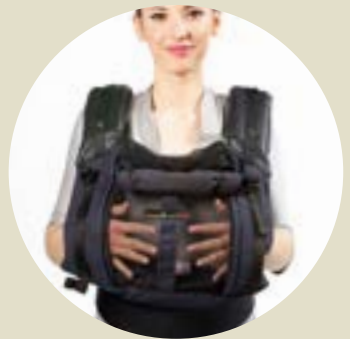
**5.** Push the slider of the horizontal strap along the suspender towards the press stud.



**6.** Attach the male clip to the female clip on the same side, so that the suspender is closed.



**7.** Loosen the straps of the suspenders attached to the side of the central compartment.



**8.** You should first try on and adjust the baby carrier when it is empty, before putting Baby into it.

## Opening the ventilation flap



**a.** To open the flap, undo the central section's straps, to eliminate creases.



**b.** Pull up the slider of the zipper.



**c.** Roll up the flap. Attach it with the elastic bands under it.



**d.** To close it, loosen the side straps, unroll the flap and while holding the zipper at the top, pull the slider down.

# Installing the optional «Booster» extension pack

The «Booster» extension pack with booster seat and removable headrest is perfect for carrying an infant. But it is also designed for a bigger baby, who gets a higher perch and a much better view over your shoulder.

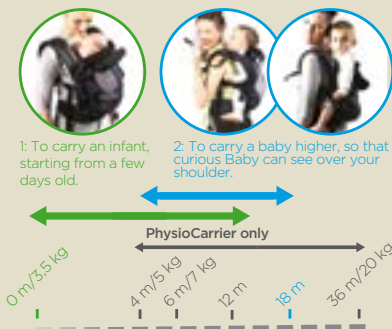
When Baby weighs a lot, the booster is useful to give the carrying adult a higher center of gravity and the sensation of carrying a backpack (which some people prefer).



Newborn with neck pillow and booster.



Baby age 16 months, without booster or neck pillow.



## Installing the neck pillow (optional «Booster» extension pack)



I. Slip the neck pillow into the tunnel.



II. Attach the neck pillow with the press studs.

## Installing the Booster (optional «Booster» extension pack)



A. Attach the baby carrier as shown on page 15. Slip your hand into the tunnel so that you can take hold of the booster in the next step.



B. Insert the booster in the tunnel, the point towards you and the wide part under the white label.



C. Before seating Baby, place the label facing up.



D. Baby sits with his bottom on the label.



# Front carry for an infant (with optional «Booster» extension pack)

3,5-7kg 0-4m



**1.** With the booster in place (p.6) and the baby carrier on you (p.5), hold Baby against you, knees bent.



**2.** Turn the booster towards you, seat Baby on the label.



**3.** Check Baby's position: Knees must be open to the same width as the hips.



**4.** Check Baby's position: Knees raised and bent. Feet unsupported.



**5.** Holding Baby with one hand, slip your other hand through the suspender.



**6.** Pull the other suspender up on your shoulder, still holding Baby.



**7.** Clip the buckle behind your back and tighten if necessary.



**8.** Check Baby's position. Baby must be sitting in the middle, back against the mesh.



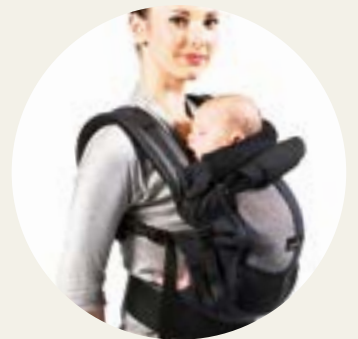
**9.** Support Baby with one hand; with the other hand, adjust the suspender strap by pulling down.



**10.** Do the same on the other side.



**11.** Pull the straps of the front section to uncover Baby's face and adjust the fit to Baby's body.



**12.** See Page 9 for how to adjust side straps; adjust head cover; cover or uncover the mesh against Baby's back.

# Front carry (from 4 months) Starting when Baby can hold up their head, or as soon as they can open their knees wider than the width of the baby carrier (at around 4 months).

5-15kg 4-18m



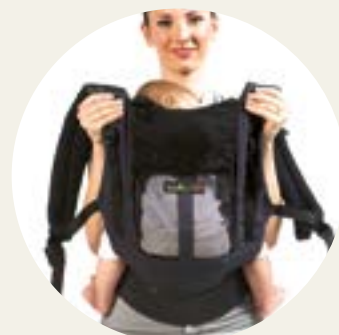
**1.** Start with the suspender straps attached and loose, as shown on page 15.



**2.** Hold Baby against you.



**3.** As you continue to hold Baby, take hold of the suspenders at the top of the central section.



**4.** Lift the suspenders and make sure Baby is seated correctly, deep in the baby carrier.



**5.** As you continue to hold Baby, put your arm through the first suspender.



**6.** Then slip into the second suspender.



**7.** Once you have put on the suspenders, attach the horizontal strap between your shoulder blades.



**8.** Adjust the tightness of the horizontal strap across your back.



**9.** Adjust the suspender strap by pulling down...



**10.** ... on both sides.



**11.** See Page 9 for how to adjust side straps; adjust head cover; cover or uncover the mesh against Baby's back.



**13.** Depending on Baby's size and their mood, you can leave one arm free.

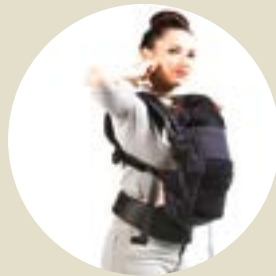


# Adjustment tips

## Supporting the head with the head cover



**A.** To support Baby's head, use the mesh head cover.



**B.** Attach the elastic loops to the hooks on the suspenders.



**C.** Make sure Baby's face is ventilated. If necessary, tighten the strap of the central section.

Before the age of 4 months, Baby can't hold his head up. You need to use the head cover. Later, it will come in handy when Baby is resting or sleeping.

## Adjust to a perfect fit for Baby



**I.** Tightening the side straps allows you to adjust the baby carrier to fit Baby's body..



**II.** This makes it possible for a large and mobile Baby to have their arms out.



**III.** This frees the respiratory passages, particularly for infants.

## Crossed suspenders



You can wear the suspenders crossed in the back. To wear them crossed, unclip the suspenders before steps 1 to 6, then cross them and clip them at step 5, on page 8.

## Opening the ventilation flap



**a.** To open the flap, loosen the straps of the central section.



**b.** Pull up the slider of the zipper.



**c.** Roll up the flap. Attach it with the elastic bands under it.



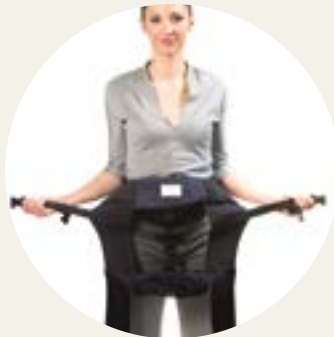
**d.** To close it, loosen the side straps, unroll the flap and while holding the zipper at the top, pull the slider down.

# Side carry

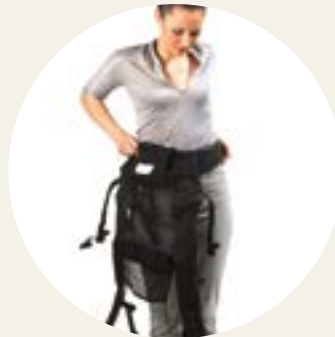
5-15kg 4-18m



**1.** Unfasten your suspenders.



**2.** Your two suspenders are now unfastened.



**3.** Place the baby carrier on your hip, on the side you carry Baby.



**4.** Take the strap from your carrying side, and the suspender from the other side...



**9.** Pull the central section up Baby's back, so that Baby is seated comfortably, deep in the baby carrier.



**10.** Tuck Baby's hand under your arm.



**11.** Find the most comfortable position on your shoulder for the suspender.



**12.** Adjust the back strap by pulling it down.



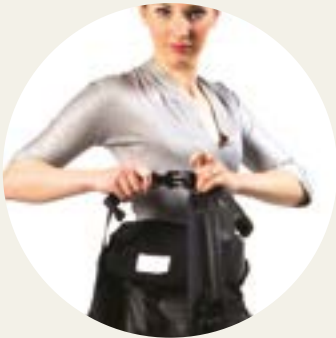
**17.** Loosen the strap with your thumb, pushing up. (Do not unfasten, simply loosen.)



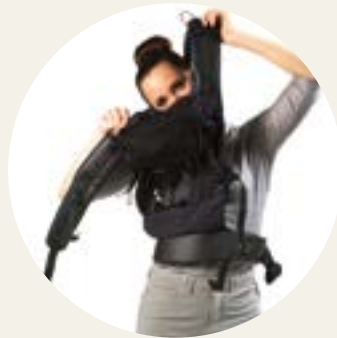
**18.** Hold Baby and lift your arm out.



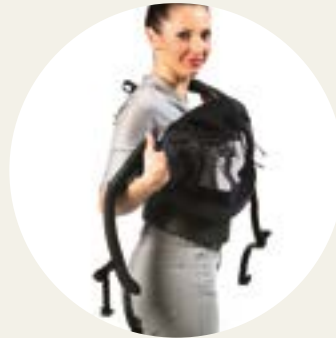
**19.** Support Baby.



**5.** ... and attach the strap to its opposite suspender.



**6.** Slip on the suspender.



**7.** Get ready to put Baby in the baby carrier.



**8.** Pull Baby's leg through, the leg that will be behind you, between the strap and your back.



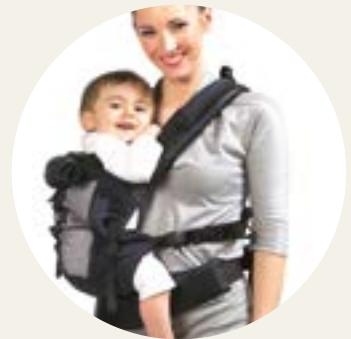
**13.** Take the remaining suspender and the remaining strap from the other side and unroll the remaining strap.



**14.** Put the suspender across your back then under your armpit and attach it to the strap.



**15.** Adjust the tightness by pulling towards you.



**16.** See Page 9 for how to adjust side straps; adjust head cover; cover or uncover the mesh against Baby's back.

# Back carry

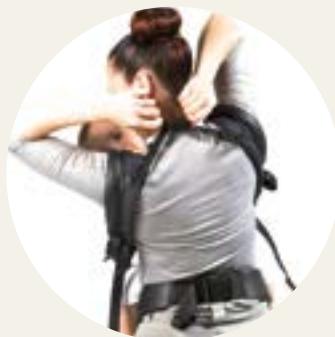
7-20kg 6-36m



**1.** Start from a front carry position (see page 18)



**2.** Loosen but do not unfasten the straps.



**3.** Loosen the horizontal back strap.



**4.** The suspenders should now be loose.



**9.** Lift up your right arm so Baby's head can pass under it. **Continue to hold Baby.**



**10.** Continue to move Baby around to your back. **Continue to hold Baby.**



**11.** Lean forward slightly and slip on your suspender.

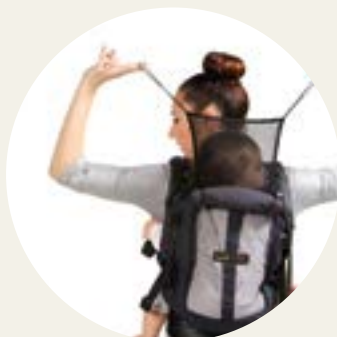


**12.** Slip on the second suspender by putting your elbow through it.

## Using the head cover



**A.** Reach behind you and take hold of the head cover's elastic loops.



**B.** Pull them backwards, over Baby's head.



**C.** Attach them to the buttons.





**5.** While you continue to hold Baby with one hand, raise your other hand...



**6.** ... then slip off the suspender and now hold Baby with the other hand.



**7.** Take your elbow out to remove the other suspender, then hold Baby with both hands.



**8.** Turn the baby carrier around to your right. **Continue to hold Baby.**



**13.** Tighten your suspenders by pulling on the straps.



**14.** You can use the mirror to check on Baby behind you.



**Exit.** Loosen the midsection strap and the suspender straps. Remove the suspenders (see steps 12 and 11) and bring Baby around to the front again, holding him at all times.

## Back carry with the Booster (with optional Booster pack)



**I.** Baby will be sitting with his bottom on the label. Go through the steps listed above.



**II.** Baby will be sitting higher and able to satisfy her curiosity by looking over your shoulder.





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PhysioCarrier

PHYSIOCARRIER - BABY CARRIER 3,5\*KG TO 20KG / 4-36 M \*with booster pack

CARE


Wash at 30°, on a gentle wash, air dry, no iron, no bleach..

CONFORMITY

Complies to ASTM F2236 standard and european safety requirements for childcare items. Oeko Tex 100 certified fabric. No heavy metals used in the dye. The brand name and model are registered. All rights of reproduction reserved by Je Porte Mon Bébé® - JPMBB®. Designed in France, made in Europe.

SAFETY RULES

1. Read all instructions before assembling and using the soft carrier.
2. Keep instructions for future use.
3. Check to assure all buckles, snaps, straps, and adjustments are secure before each use.
4. Check for ripped seams, torn straps or fabric and damaged fasteners before each use.
5. Ensure proper placement of child in product including leg placement.
6. Premature infants, infants with respiratory problems, and infants under 4 months are at greatest risk of suffocation.
7. Never use a soft carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions.
8. Never use a soft carrier while engaging in activities such as cooking and cleaning which involve a heat source or exposure to chemicals.
9. Never wear a soft carrier while driving or being a passenger in a motor vehicle.

 **WARNING**

**FALL AND SUFFOCATION HAZARD**

**FALL HAZARD** - Infants can fall through a wide leg opening or out of carrier.

- Adjust leg openings to fit baby's legs snugly.
- Before each use, make sure all fasteners are secure.
- Take special care when leaning or walking.
- Never bend at waist; bend at knees.
- Only use this carrier for children between 7,7lbs and 44lbs.

**SUFFOCATION HAZARD** - Infants under 4 months can suffocate in this product if face is pressed tight against your body.

- Do not strap baby too tight against your body.
- Allow room for head movement.
- Keep infant's face free from obstructions at all times.

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Je Porte mon Bébé - 67 rue des Sorins 93100 Montreuil - France - +33(0)1 41 63 14 94

PhysioCarrier  
**je porte mon bébé**  
[www.jeportemonbebe.com](http://www.jeportemonbebe.com)