



je porte mon bebe **basic**

BABY WRAP

instructions manual

3,5-14KG 0-36 M



Basic Knot  
p.4



3,5-7kg 0-4m

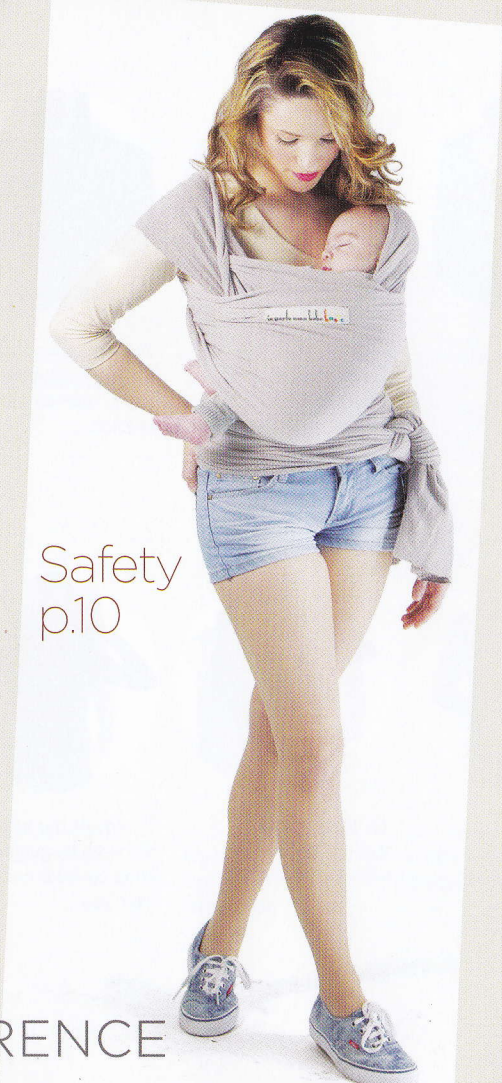
Tummy to tum-  
my for newborn  
p.6

**IMPORTANT NOTICE: KEEP FOR**



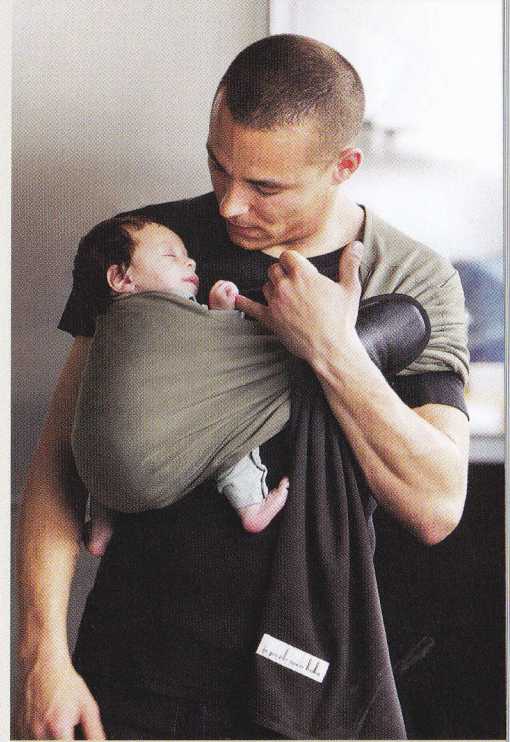
5-10kg 3-12m

Tummy to tummy for 3 months p.8



Safety p.10

je porte mon bebe  
It's also  
THE LITTLE BABY WRAP  
WITHOUT A KNOT



Discover super fast babywearing

WATCH THE VIDEO ON  
[www.jeportemonbebe.com](http://www.jeportemonbebe.com)

PICTURE REFERENCE



## Basic knot

*The basic knot is a versatile pre-tied knot. It enables the user to pop baby in and out in various positions, whilst keeping the wrap tied.*



1. Grasp your wrap by the middle, where the label can be found, holding onto the top side.



2. Place it onto your back like a Superman cape, label on the outside.



3. Free your strong shoulder by dropping the wrap below your armpit. The strong shoulder is the one on which you would naturally hold your baby.



4. Slide the wrap under your arm towards the front to center the label onto your chest.



10. Drop the strap through the layer with the pocket.



11. Adjust the tension of the wrap by pulling each strap upwards and away from you.



12. Bring the slack through the horizontal layer, which we will now call the 3rd layer. Once the tension is adjusted, the 3rd layer should sit just below your armpits and close to your body.



13. Reach around to your back to find out which strap is on top of the other. This strap should remain on top, on your chest. We will now call this top strap the outer strap and the one underneath the inner strap.



**5.** Create a strap with the wrap on your shoulder by gathering it into your hand. It should fit snugly on your shoulder, just like a vest top.



**6.** With one hand, hold onto the top side and wrap it across your chest...



**7.** ...and under your armpit and around your back.



**8.** Bring the wrap back up onto your free shoulder, still holding onto the top side.



**9.** Create a strap by gathering the wrap into your hand.



**14.** Cross the straps on your chest.



**15.** After crossing, grasp the inner strap by the top side.



**16.** Wrap around your hip and lower back.



**17.** Once at the front, hold it between your legs. Repeat with the outer strap.



**18.** Tie an off-centre double knot to finish the basic knot.

## Before installing the baby



Lower the third layer, pull the straps away from you, ready for your baby.



Remove the top/outer strap.



Baby will always be installed in the inner strap first.

WATCH THE VIDEO ON  
[www.jeportemonbebe.com](http://www.jeportemonbebe.com)

3,5-7kg 0-4m

## Tummy to tummy carry for newborn

Great for a newborn, as it respects the foetal position and the natural opening of the hips.



1. Start from the basic knot. Lower the 3rd layer and remove the outer strap from your shoulder.



2. Hold your baby onto your freed shoulder. Slip your forearm through the strap from below ready for your baby.



3. Slip both legs through the inner strap, whilst supporting your baby's bottom.



4. Spread the strap over your baby's back, from knee pit to the nape of the neck, whilst supporting your baby's bottom.



8. Place both legs through the outer strap. Make sure to keep the baby in a seated position, knees above the bottom, hips tipped as to create a slightly rounded back.



9. Grasp the bottom side of the outer strap and fold it over onto your shoulder.



10. Spread the strap over your baby's back, from knee pit to the nape of the neck, whilst supporting your baby's bottom.



11. Use your other hand to hold baby. Pull down inner strap away from you on your arm, until your arm is fully extended.



5. Use your other hand to hold baby. Pull down inner strap away from you on your arm, until your arm is fully extended.



6. Grasp the bottom side of the outer strap and fold it over onto your shoulder. This will help baby to keep his position.



7. Use your other hand to hold baby. Grasp the outer strap, like a rope, and pull it away from you.



12. Grasp the bottom side of the outer strap and fold it over onto your shoulder. This will help baby to keep his position.



13. Grasp the 3rd layer, like a rope. Pull towards the floor, away from you to create some slack. Go over your baby's feet.



14. Spread the 3rd layer over your baby's back, all the way from your baby's bottom to your baby's neck. Pull away from you to avoid creating extra pressure onto your baby's back.

### What to avoid



The baby is poorly positioned. The baby is suspended by the crotch which puts his/her back into an inappropriate position.

WATCH THE VIDEO ON [www.jeportemonbebe.com](http://www.jeportemonbebe.com)

Find out others JPMBB users who do carry their baby, like you.



### Focus position



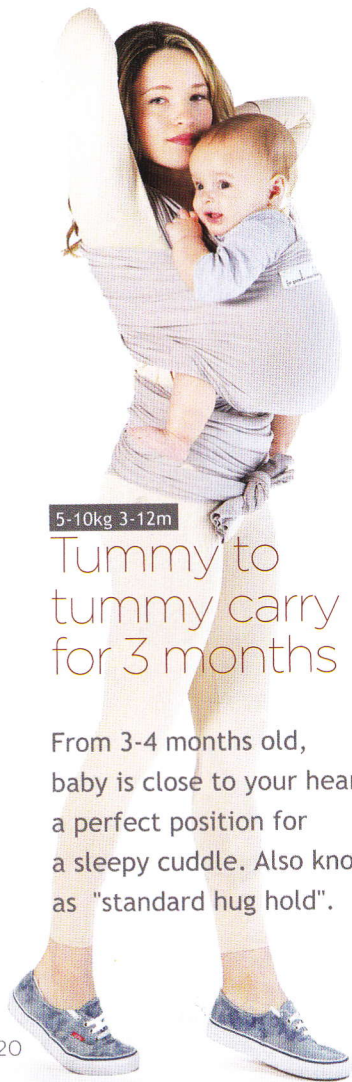
Maintain baby's head with the strap on your shoulder.



Your baby's head needs to be turned regularly.



You can make yourself more comfortable by spreading the extra wrap onto your abdomen.



5-10kg 3-12m

## Tummy to tummy carry for 3 months

From 3-4 months old, baby is close to your heart, a perfect position for a sleepy cuddle. Also known as "standard hug hold".



1. Start from the basic knot. Lower the 3rd layer.



2. Hold your baby onto your freed shoulder. Grasp the inner strap and slip baby's leg in the strap.



3. Put your baby's hand through, followed by your baby's shoulder, in order to have the strap crossing diagonally over your baby's back.



4. Spread the strap under the thighs, from knee pit to knee pit and from shoulder to shoulder. This will create a deep seat and wrap around the whole of your baby's back.



9. Grasp the bottom side of your strap and pull it down and away from you on your arm, until your arm is fully extended. This will remove all folds, and improve your comfort.



10. Fold the strap by bringing the bottom side back up onto your shoulder. Repeat for the other shoulder strap.



11. Grasp the bottom side of the outer strap and fold it over onto your shoulder. This will help baby to keep his position.



12. Now is time to check the position: baby should be seated on his bottom, hips should be tipped towards the user's body, knees above the bottom.





5. Grasp the outer strap, like a rope, and pull it away from you to create some slack. Use your other hand to hold baby.



6. Bring the outer strap above your baby's leg and shoulder.



7. Grasp the bottom side of the outer strap and fold it over onto your shoulder.



8. Spread the strap over your baby's back, from knee pit to the nape of the neck.



13. Grasp the 3rd layer, like a rope. Pull towards the floor, away from you to create some slack. Go over your baby's foot...



14. ... and the other foot



15. Spread the 3rd layer over your baby's back, all the way from your baby's bottom to your baby's neck. Pull away from you to avoid creating extra pressure onto your baby's back.

## Focus position



Maintain baby's head with the strap on your shoulder.



Your baby's head needs to be turned regularly.

## Good position



You can make yourself more comfortable by spreading the extra wrap onto your abdomen.

## SAFETY FIRST



### - POSITION:

Baby is in upright position, close enough to kiss.

### - BREATHING:

Airways (nose, mouth) must be free and visible by the carrier. Chin is up.

### - OBSERVATION:

Monitor baby at all time while carrying the baby.



- Baby must not be too covered. (winter as summer)
- Baby's chin must not be against his chest.
- Baby must not be in horizontal position.
- Baby must not be hold too low.

WATCH THE VIDEO ON  
[www.jeportemonbebe.com](http://www.jeportemonbebe.com)

# BABYWEARING WRAP JPMBB "BASIC" 3,5KG À 14KG / 0-36 M

## CARE

Wash at 30°, on a gentle wash, air dry, warm iron, no bleach. Use gentle detergents as your baby will chew on the wrap.

## CONFORMITY

Complies to European requirements. Dyes are free from heavy metals. Dyes and treatments certified Okotex100.

JPMBB is a registered trademark and all models are registered.

**Warning:** The carrier's balance can be modified by his movements or the child's.

**Warning:** Be very cautious when leaning forward.

**Warning:** The baby carrier is not suitable for sports activities.

**Warning:** Keep away from fire.

**Warning:** The airways (nose, mouth) must be clear, ventilated and visible by the carrier.

**Warning:** The child's chin must not rest against his chest.

**Warning:** If the child is under 4 months old, make sure his head is well supported.

## SAFETY RULES

1. Keep an eye on your baby regularly.
2. Airways should be clear (nose and mouth), well ventilated and visible by the user.
3. There should be enough space for 2 fingers between the baby's chest and chin.
4. Baby's head should be aligned with his/her spine, not leaning back, or forward, or on the side. Vary positions, alternate sides on which baby's head rests.
5. The wrap should be adjusted correctly. If you feel you should support your baby with your hands, then the wrap is too loose. Refer to the manual, the videos on the website or the forum.
6. Baby's head should be close enough to kiss.
7. In case of reflux or after a feed, a vertical position is a must.
8. Dress your baby appropriately, like you would at home, but beware of feet, hands and head and protect accordingly (gloves, boots, hats, sun cream...). Beware of clothes'

folds as these could hinder blood flow.

9. Keep your baby hydrated (breastfeed, bottle-feed...).
10. Baby should be in a deep squat, knees above hips at belly button level, with a rounded back.
11. Beware of your new shape and size whilst carrying your baby, especially when passing through doors...
12. Beware of what your baby can reach in public places and public transport.
13. The wrap is not a substitute to a car seat.
14. Do not sleep whilst carrying your baby.

The wrap is made for babywearing and should be used in such conditions. Do NOT use the wrap if practicing any kind of physical activities or any other activity hindering your attention to your baby.

More info and videos on [www.jeportemonbebe.com](http://www.jeportemonbebe.com)





je porte mon bébé

je porte mon bébé

[www.jeportemonbebe.com](http://www.jeportemonbebe.com)

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