

Newborn Prep Guide

This guide will help to prepare you & your baby for your Newborn Session.

- Newborn sessions are best photographed when the baby is 5 - 14 days new. That being said, a newborn session can take place at any time. However, it is important that you know that after the 5 - 14 day time frame that baby is easily awakened and more difficult to pose.
- Most newborn session will last up to 3 hours. I do not set a time limit for newborn session as patience is key; most of the time will be spent feeding, burping, changing, etc. During this time, please feel free to read a book, relax, have a nap, or anything else that is quiet.
- Parent and/or sibling photos are done first. Due to the size and warmth of the studio, older sibling are asked to only be present during their portion of the photo session.
- For sibling (and most parent) photos the baby will be wrapped tightly. This makes the baby easier to hold for small hands.
- The studio will be kept very warm for baby's comfort. Please dress in layers for your own comfort.
- Neutral coloured shirts are encouraged for family photos - photos will be cropped just above the waist; don't worry if clothing does not fit properly.
- Pee and poo happen during family photos - bring a change of clothes just in case.
- I do not work with an assistant. Mommy/Daddy may be asked to help "spot" the baby for some poses for the baby's safety.
- If baby is breastfed, avoid caffeinated and carbonated drinks as well as gassy and spicy foods for 24 hours prior to your session.
- Try to keep baby awake for as long as you can before the session (a bath works well), and lotion will help with flakey skin.
- Bring baby dressed in loose clothes and avoid anything that will be pulled over the head.
- Be prepared to give the baby a large feed once you arrive at the studio. A bottle (pumped or formula) works well for posing and feeding baby simultaneously.
- Props, headbands, and blankets are supplied. You may bring additional items along if you wish.
- It is suggested to clear your schedule for the day to avoid over-stimulation prior to the session. Also, sessions may run longer than anticipated.
- If you have any questions please feel free to contact me ahead of time or any time during your session. The baby's safety and your comfort are always the most important during the session.