

# Sessions at 4 to 11 weeks



After the first few weeks, your baby will be outside of the age range that we classify as newborn. While baby may still be sleepy it won't be that deep newborn sleep that allows us to curl and manipulate baby into position. On the other hand he/she will not yet be alert and mobile enough for the tummy lying or leg kicking that we focus on at the next developmental stage.

Baby's sleep will be more easily disturbed and he/she will prefer to have arms and legs outstretched rather than being snuggled up. This can prove quite limiting in terms of what's achievable from your photoshoot so I often suggest that parents wait and book their baby photoshoot after the 3 month milestone.

However, if you've missed out on a newborn photoshoot for any reason and still want professional photos while baby is tiny, some extra patience and perseverance can pay off. Your baby may still be small enough for many of the props and accessories that we use for newborn photoshoots and there's a good chance that we'll get a lovely mixture of sleepy and wide awake shots from the session.

## ❖ Planning your Session

Prior to your session, start having a think about the type and style of photos that you'd like. We can accommodate several different styles and clothing changes over the course of the session. The main limiting factor will be the baby and how much re-positioning or changing of clothing he/she will tolerate before getting too fed up and grumpy.

### Session Checklist

**Content** : Do you simply want photos of your new arrival or would you also like to include some photos of mum/dad/siblings with the baby?

**Colour schemes** : Are there any particular colours that you'd like to feature in your images and just as importantly are there any colours that we need to avoid?

**Props** : Are there any specific props that you'd like to include?  
for example : baskets | chalkboard | bunting | flowers

**Themes** : Is there a theme that you'd like to incorporate into some of your shots?  
for example : seasonal | sports | fairytale | nursery rhyme

**Individual Touches** : Do you have any personal items that you'd like to feature in some of the photos?  
for example : a special blanket | booties | teddy | an item of jewellery

**Style** : Do you have a preferred style for your photos?  
For example : elegant and artistic black & whites | natural close ups | soft, dreamy pastels

**Baby Girls** : Do you like frilly, girly set ups with headbands, tutus etc or would you prefer something more plain and natural?

**Baby Boys** : Do you like the plain, natural look or do you want to make use of hats / costumes?

**Essential photos** : Are there any 'must have' shots that you'd like to get out of your session?

*Take a look at my portfolio page for ideas and inspiration and also feel free to show me examples of anything else you've seen that you'd like to include.*

## ❖ Before your Session

Once you've decided on the style and type of photos that you want, I'll prepare an outline plan for your session so that you have an idea of what to expect on the day.

Most props will be supplied ready for your use, but if you'd like to include any items of your own, make sure that you have them ready so that they're close to hand for you to pack on the day of your session.

If we're going to use hats, headbands etc, it's also a good idea to get baby accustomed to wearing something on his/her head in the days before your shoot, so that it's not an entirely new experience on the day.

## ❖ On the day of your session

These sessions are always easier with a relaxed, content baby so wherever possible, try to arrange your appointment for a time of day when he/she is likely to be most settled and content.

Depending on how far you have to travel, either feed and change baby before leaving home or make use of the time available at the start of the session for a feed and nappy change once you arrive. A full tummy and a dry bottom are the fastest route to a happy baby.

Dress and wrap baby appropriately for your car journey, but try to stick to clothing that will be easy to undo and remove for the minimum amount of upset and disruption after you arrive. I'll make sure that the studio is warm and cosy for you!!!

The studio is very quiet, but I can play some white noise or heartbeat sounds to assist baby with getting settled if required. If you prefer, you're also very welcome to bring some background noise or familiar music on your phone / device to use during the session.

## ❖ During your session

Sometimes we get lucky and baby will sleep right through from beginning to end, but it's far more common for them to become upset or agitated at some point during the session. Try not to get stressed or worried. You certainly won't be the first and there's plenty of time built into your appointment to get baby settled again.

Although we'll have prepared an outline session plan in advance so that we have an idea of what set-ups we'll be working with, these sessions have to be led by the baby to a certain extent. Whether they're in the mood for sleeping or for being more alert and looking around the room we can adapt our plan accordingly to make sure we get the best out of your photographs.

I always allow up to 3 hours for this age group even though in most cases we won't need more than 2. If baby is particularly unsettled on the day, having that extra hour available to us can make all the difference.

For more information and examples of photography for this age group, please visit :

[www.sarahleephoto.com/baby](http://www.sarahleephoto.com/baby)