



Preparing for your newborn session

❖ Before your Session

Prior to your session, start having a think about the type and style of photos that you'd like.

I'm happy to accommodate as many different styles and set ups as you want. The 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.

The questions below will help me to get a good understanding of your likes / dislikes and prepare the appropriate props and accessories ready for your photoshoot.

Newborn 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. This will all contribute to your ideas list and the preparation of your individual session plan.

❖ Making sure that you're photoshoot ready

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 provided for your use, but if we're using any of your own items, make sure that you have them ready so that they're all close to hand 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

Newborn sessions are always easier with a sleepy, content baby – particularly any posed shots where we may want to manoeuvre a newborn into position.

Wherever possible, try to arrange your appointment for a time of day when baby is likely to be most settled and sleepy.

- Mobile photography service

If you're having your session at home, make sure that the room is nice and warm in readiness for us to start.

Remember that even if we're too hot, your baby will most likely be stripped down to a nappy or even nude for at least some of the photos and at this age will be unable to regulate his/her temperature in the way that we do. Keep the rest of the environment as 'normal' as possible to help us to keep baby settled. For example, if you usually have the television on or music playing in the background, leave them as you normally would so that we're not making any big changes to what your baby is getting used to.

Shortly before I'm due to arrive, try to get baby to take a feed and make sure that he/she has a fresh nappy to give us the best chance of a happy, content newborn for your photos.

If you have a special outfit for baby to wear, those are the shots that we usually start with, so get baby changed into his/her clothing in time to settle back down before we start.

If we're not using a particular outfit, it's a good idea to strip baby down to a nappy in advance and keep him/her wrapped in a blanket until we start so that we minimise any disruption from changing clothes at the beginning of the session.

- Studio Shoots

If you're travelling to me for your session, I'll make sure that the studio is warm and cosy ready for your arrival.

Dress and wrap baby appropriately for the car journey, but try to stick to clothing that will be easy to undo and remove when you arrive so that we create the minimum amount of upset and disruption.

Depending on how far you have to come, you can either feed and change baby before leaving home or fit that in once you've arrived.

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

❖ During your Session

Newborn sessions can often be unpredictable, because we simply can't explain to babies what's going on and why we're doing what we are.

Remember, that this is all unfamiliar territory for them and they won't understand why we're picking them up and moving them when they're comfortable or placing them in unfamiliar locations.

Sometimes we get lucky and baby will sleep right through from beginning to end, but it's also not unusual for them to become upset or agitated at some point during the session.

Try not to get stressed or worried if yours is one of the latter – you certainly won't be one of the only ones!

If we need to pause for a feed or a change during the session that can easily be accommodated and if getting sleepy and settled enough for some of the more heavily posed shots is out of the question on the day, then we'll work with what we have. There are plenty of alternatives that we can go with.

I generally recommend allowing 2 hours for a newborn photoshoot, but if the baby is particularly unsettled on the day, this may extend to closer to 3 hours.

