



## Sessions at 1 to 3 months old

For the first 3 months, your baby will most likely still be small enough to utilise many of the props and accessories that characterise newborn sessions. However, they'll be starting to get too active and too heavy for the more heavily posed, artistic images. This age group does have its own special attraction though. It's between 1 and 3 months that we have the best opportunity to capture a mixture of shots with the eyes open plus some peaceful sleepy images over the course of a single 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 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.

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.

#### 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 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

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.

#### - 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 for at least some of the photos, so we need a temperature that he/she will be comfortable with.

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 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.

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 and keep him/her wrapped in a blanket in advance 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 outer clothing that will be easy to undo and remove when you arrive so that we create the minimum 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 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

These sessions are fairly 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 again when they're comfortable or why they've been placed in an unfamiliar location. It's not unusual for them to become upset or agitated at some point during the session, so if that does happen please don't worry – you certainly won't be the only one and if we need to pause for a feed or a change part way through that can easily be accommodated.

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

