



## Support Props for newborns

While your baby's neck muscles are still developing, we need to ensure that any posing tools we use provide support for the head.

There are three types of props that I like to use in order to achieve this, depending on the look and feel that you want in the final photographs.

### ❖ Baskets / Containers



Baskets, tubs and containers are not just a stylistic choice for your photos, they're also a clever way to keep your baby supported in position with concealed blankets and cushions helping to hold the pose that we require.

Your baby's safety and comfort is always the first consideration, so any container that we use will be stuffed with plenty of padding to cover hard surfaces and taller tubs will be weighted at the bottom to keep them stable.

Baskets can be a great option to help 'contain' and hold more alert newborns and if we find that your baby struggles to settle in more exposed poses, the sensation of being enclosed will quite often help them to relax.

Depending on the style and theme of your shoot, containers can be used as-is, decorated and dressed up or just used as a support to keep baby in position for close-up images.

I'd normally recommend limiting the number of containers used in a single session to no more than two, because this is as much as most babies will tolerate. However, once your baby is comfortable in a particular setting, we can add other props, change the colour of wraps and move things around to add variety.

Take a look at my portfolio pages for examples of just some of the baskets and containers that I have available to use or we can always incorporate something of your own for a personal touch.

## ❖ Mum / Dad's arms and hands



The most natural support props that there are.

In these shots, your arms or hands effectively become the support, holding baby in position and forming a cradle for the head and neck.

For any poses where baby is going to be held away from your body, it's essential that he/she is deeply asleep and not wriggling around in order to be positioned securely and comfortably.

Safety always comes first with these photos. Your baby will only ever be held a couple of inches above

a large padded beanbag and some poses will require an extra supporting pair of hands which can be removed later when the final images are edited.

For babies that are too alert and active to safely position in this way, they can be cradled closer to the body giving an extra bit of security and support. For these shots, I'll usually ask you to wear a plain black T-shirt which can be blended into the background during image editing.

## ❖ Blankets and support cushions



For more natural shots without any elaborate set ups, newborns can be posed simply and effectively using just a blanket.

Posing cushions concealed beneath the blanket will help to hold baby's position, support their head and neck and also ensure that they have something soft to lie on.

Photographs can be arranged with baby lying on either their back, side or tummy – usually starting with whatever position they're most comfortable in and accustomed to and then building up from there as we go along.



A good selection of different coloured and textured blankets are available for your use and if you have a special blanket that's been given to you as a gift it's always nice to incorporate a few photographs using that too.

