Newborn Session Preparation and Guidelines

Congratulations on your new bundle, I cannot wait to meet the little one. Below are the guidelines I ask all newborn clients to follow on the day of the session to ensure a successful, stress-free experience. Please adhere to these the best you can, so I can do my best to provide you with a superior final product.

Before the Session

- Dress for warm weather and expect me to do the same. Remember newborns are used to a constant 98.6, so my thermostat will be bumped up to 80+.
- Feed baby before heading to the studio, that way they'll be good and full before we get started.
- Keep baby awake for about 1 hour before the shoot. We want baby to be sleepy for their modeling session.
- Have baby dressed in clothes that are easy to remove. Nothing that has to go over the head.
- Pack a pacifier. If you forget, we do keep brand new ones on hand. I recommend the Soothie brand from the hospital, because it doesn't leave a ring around the mouth. If you are unwilling to use a pacifier, please be aware that I will only try to pose baby for 1 hour without the use of one, if I am unable to soothe baby, we will have to end the session.
- Remember, less is more in newborn photography. You don't need to pick out special outfits for baby, I have countless headbands, hats, wraps, and props available for use during the session, no need to go out and buy anything! If there is something special you would like to bring to include in the session, please do, I love including items with sentimental value.
- All pose and prop requests must be approved before the session, I cannot guarantee any certain poses nor will attempt to replicate another photographer's work.
- Bring a change of clothes for yourself, your spouse, and any siblings. Babies have a lot of spontaneous bodily functions, so it's best to be prepared.

What to Wear

- I love neutrals when photographing newborns, and suggest parents and siblings dress in neutral colors. Any colors can work, but absolutely no neons or busy patterns, think soft – like your baby!

- **Men:** I prefer no collars or button-downs. They tend to bunch up and cover baby's face in parent shots. I recommend a fitted shirt in black, white, off-white, or gray. A simple henley or sweater also works well.
- **Women:** Same suggestion as for men, no button-downs or collars. I love simple tanks or dresses on moms, or an oversized shirt or sweater.
- **Siblings:** Simple, neutral, soft textured clothing. Stay away from crisp cotton, or things that wrinkle easily.
- **Jewelry:** Please remove all smart watches and hair ties from wrists. I also suggest no chunky jewlery.

- I usually have parents and kids barefoot in shots, so take precautions as needed.
- Have nails clean and trimmed, there may be close-ups with your hands. Manicured nails are great, but again, neutral colors are best.

At The Session

- Please, be on-time, but also understand I may be running a few minutes late. Some sessions run a bit over and I never like to rush clients.
- I ask parents to "feed on demand" at newborn sessions, and please not try to stick to a schedule, unless recommended by a doctor. Full-bellied babies are the most content, if baby roots excessively, I will ask you to feed him/her.
- Have young siblings (or pets) come at the beginning of the session for sibling and family photos and then plan on someone taking them home. We want to make sure there's not too much action when we're trying to get baby calm and sleepy.
- Please, don't hover. Babies can smell their mommas, and it can make my job of soothing them more difficult. I am experienced as both a photographer and a mother, and I promise you, baby is in good hands.
- Plan on spending 1.5-3 hours with me. Newborns do not like to be rushed. They need extra time for feeding and snuggle breaks!
- Relax! This is a time where you can hand your newborn over to an experienced mom of 3 and take a nap. Enjoy the free time!

<u>After the Session</u>

- Baby's skin will likely be a little red and flaky, from the wrapping, posing, and changing of positions. It is completely normal, newborn skin is meant to shed.

- You may find fuzz and fibers between baby's toes and fingers since I use many different textures and knits for sessions. I always check baby to make sure no fibers got wrapped around fingers or toes, but you should also check before leaving.
- Baby may be extra hungry, modeling is a lot of work for a newborn!
- You will receive a proofing gallery within 1-week to choose your images. Once you finalize your selections, your fully edited gallery will be delivered within 3 weeks. Rush editing is available for an additional charge.
- You are welcome to share your online gallery with friends and family or post on social media - word of mouth is my best advertising.
- Please do not alter the photos in your gallery in any way. If you have a specific request, please email me and I will see if I can accommodate, you may incur an extra charge.
- Print your pictures! You spent good money on these photos, be sure to print and display them!