



Newborn Session Prep Guide

Congratulations on the arrival of your little one! I'm honored to capture these precious first moments. To help you prepare for your session, here are a few helpful tips to ensure we create beautiful and timeless images of your baby.

Before Your Session

1. Schedule Within the First Month

Newborn sessions are best done when your baby is between **5-14 days old** while they are still very sleepy and easily posed. However, we can still capture beautiful images if your baby is a little older.

2. Keep Baby Awake Before the Session

Try to keep your baby awake for about **1-2 hours** before the session to encourage a deep sleep once we begin. Giving them a bath, playing, or interacting with them can help keep them alert beforehand. Applying your favorite newborn moisturizer to your baby's skin will also help with skin dryness and flakes.

3. Feed Baby Just Before the Session

A full baby is a happy, sleepy baby! Try to **feed your baby right before** leaving for the session or upon arrival. If bottle-feeding, bring extra milk or formula in case they get hungry during the session.

4. Dress Baby in a Simple Outfit

Dress your baby in something easy to remove, such as a loose onesie or button-up sleeper. Avoid tight socks or clothing with elastic bands to prevent marks on their delicate skin.

5. Bring Essential Baby Items

Here are a few things to bring:

- ✓ Extra formula or milk (if bottle-feeding)
 - ✓ Pacifier (even if your baby doesn't use one often, it can be helpful)
 - ✓ Extra diapers & wipes
 - ✓ Swaddle blanket
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During the Session

1. Relax and Enjoy the Moment

Newborn sessions can take anywhere from **1-3 hours**, allowing time for feedings, diaper changes, and soothing. I'll create a calm, warm environment to keep your baby comfortable and sleepy.

2. Sibling & Family Photos

If siblings are included in the session, we'll capture those shots first so they can relax quietly or leave with a parent or grandparent while we do solo shots of the baby. For family images, **neutral and soft-colored clothing** works best for a timeless look.

3. Room Temperature Will Be Warm

Babies love warmth! The studio will be kept at a cozy temperature to ensure they stay comfortable, especially for those adorable wrapped or bare-skin shots.

4. Safety Comes First

Your baby's safety is my top priority. I will gently pose them while ensuring they are always supported and comfortable. If at any time your baby seems unsettled, we will adjust as needed.

After Your Session

1. Image Selection & Delivery

After your session, I will carefully edit your images to ensure they look their best. You will receive a preview gallery within **1-2 days**, and your final edited images will be delivered within **the week**.


2. Print & Preserve Your Memories


I highly recommend printing your favorite images for albums, wall art, or keepsakes. Digital images are wonderful for sharing, but printed portraits will last for generations. Professional prints are available to purchase directly through your gallery and delivered to your home.

✨ Thank You! ✨

I'm so excited to capture these early days of your baby's life! If you have any questions before your session, feel free to reach out. I can't wait to see you and your little one soon!

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