

NEWBORN PREP GUIDE

Disclaimer: The Prep Guide is a key component to a successful newborn session. Please be sure to read the entire prep guide below. I cannot guarantee specific poses or that your baby will sleep but I can ensure you that if you follow this prep the chance of a sleepy happy baby will be much greater!

The Day of your Session:

1. You may bathe your newborn about an hour or two before your session. A nice warm 5-10 minute bath should wake them. Try and keep your baby awake for the hour before the session, typically the bath does the work for you! Please dress baby in just a onesie/ button or zip up pjs or if the weather permits just in their diaper and covered in nice warm blanket. This will keep us from agitating baby too much if they arrive asleep by not having to undress them.
2. Try to hold off feeding time until RIGHT BEFORE YOU LEAVE for your session. If you are bottle feeding, please bring extra formula or pumped milk! Babies tend to get more hungry than usual with the mixture of the warmth, and me moving them around a lot. They burn more calories, which makes them more hungry. Modeling isn't easy! If you are breast-feeding please be prepared to feed on demand throughout the session. Some babies like the boob more than others, and baby gets what baby wants!
3. Please bring a pacifier. The pacifier will help soothe your baby into positions if needed. If you are not comfortable using it I understand! But remember it is a short amount of time we would be using the Paci, and should not cause nipple confusion so quickly.
4. Parents and sibling shots are typically taken last, unless siblings are very young and need to get photos done first. We recommend wearing solid neutral colors, especially grey, tan, cream, baby pink/blue. Older siblings can wear a light colored shirt to match the gender of the baby or solid neutral colors. Try to avoid busy patterns or graphics.
5. For a Newborn Session, plan on it being anywhere from **2 to 3 hours**.

If you follow these instructions on preparing your baby we will most likely have a successful shoot. But remember, we are at the mercy of your precious little one, so do not be overwhelmed if your baby is cranky or will not "cooperate". We will still capture many amazing photos you will cherish for a lifetime!