



HERE'S A FEW REMINDERS FOR YOUR NEWBORN SESSION

TIME: Sessions run about 2+ hours to allow time for baby to feed and be changed as necessary. If a toddler is also involved in the session, please plan for some alternative entertainment so that both baby and sibling are taken care of.

LOVE THE LIGHT: I try to use natural light whenever possible so please open those blinds and curtains! I can then quickly assess the best location to set up our "mini studio." Sometimes it's nice to have the bedroom as an option for photos (could be yours and/or baby's nursery). If you are comfortable, please make the bed (just this one time).

BABY: A well fed and sleeping baby is best! Consider trying to keep baby awake during the time before our session. A deep sleeping baby is the best for those cuddly, dreamy poses we all love. And expect to feed your baby during the session if he/she is fussy or can't calm down. Also, we may need to adjust the thermostat. Babies are the most calm when they are warm so turn up the heat or turn down the air (depending on the season) about 30 minutes before I arrive.

PREP: I have a small collection of baskets & blankets that I'll be bringing to your session. You are also, of course, welcome to use any of your own props. Look for items with texture and color to help make your images unique. (i.e. a special blanket that grandma knitted - PERFECT!) If you have any family heirlooms, toys, hats, props, etc. that you would like me to use in your session, please gather them before I arrive. We may not get the chance to use all of the items, but we'll look through them together to determine what will work best.

ATTIRE: Keep it simple - you just had a baby! The details we are trying to capture are not about clothing. Baby can be swaddled, in a simple onesie or even naked. They look adorable anyway, right!?! Hats and headbands are fun accents to traditional poses so please have these and any outfit options laid out and ready to sort through when I arrive. If parents want in on some photos, again, my advice is to keep it simple for this first family portrait. Throw in a little color if you'd like, but skip the busy patterns. We want to see that baby!

RELAX: I'm a mom too! Translation... don't stress over mess! I'm coming to your home to capture you and your little loves, not the dishes or piles of laundry so don't sweat it! Staying calm and relaxed also helps baby to stay calm too. This will be fun - I promise!