

Newborn Session Prep

Newborn portrait sessions can last longer than regular sessions as we have no idea how they will be feeling that day, so be prepared to spend anywhere from 1-3 hours at your session. I never rush newborn sessions; I clear my schedule to allow for the feedings, diaper changes, and mood swings that can occur.

An hour before the session, please turn the house temperature up to 85 degrees. A good rule of thumb is if you're hot, the baby is at a good temperature (they'll be more sleepy and easy to pose this way).

Don't worry if your home is messy!!!! Most newborn photos are taken using a very small amount of space. For wider shots, such as the baby's nursery, I'll help you rearrange furniture (if necessary) to minimize visual clutter.

Please take off your baby's diaper a little before the session so any diaper lines have time to disappear.

If your baby normally falls asleep after a feeding, wait to feed him/her until the session.

I always use a beanbag for newborn shoots, so I'll bring this along with a couple of clean blankets. If you have any blankets on hand that you think might work well or any props you want to incorporate, please let me know.

We'll do most of the shots without clothes, since most outfits tend to visually overwhelm newborns in pictures. If you do have a special outfit I recommend keeping it to just one as babies tend to get cranky during outfit changes.

It's helpful to use a hair dryer for white noise to help put the baby to sleep. I have one if you need me to bring it.

For family pictures, please have a couple of dark-colored shirts on hand (they don't necessarily have to be black, just dark enough to provide a good backdrop for the baby).

Just to recap.....



Props

Collect any meaningful props that you have on hand for the photos, including blankets and baskets.

Naked=Happy

Please remove your baby's diaper and turn up the temperature in your home an hour before the photo session.



Keep it simple!

Parents' clothes should be simple and solid-colored.