



Preparing for your newborn session

❖ Before your session

Once you've decided on the style and type of photos that you want I'll prepare an outline plan for your session so that you'll have an idea of what to expect.

Most props will be provided for your use, but if we're using any of your own items, make sure that you get them ready ahead of time so they're all close to hand ready for you to pack on the day.

Remember that we have a very small window before baby becomes too alert and active for those sleepy, curled up poses. The sooner after birth that your appointment is booked, the sleepier baby will be and the easier the session – so please make sure to contact me as soon as possible once baby arrives.

❖ On the day of your session

Newborn sessions require a sleepy, content baby – particularly for any posed shots where we need to physically move baby into position.

Wherever possible, choose an appointment at a time of day when baby is likely to be settled and sleepy. Depending on how far you have to travel, either feed and change baby before leaving home or make use of the time available at the start of the session for a feed and nappy change once you arrive. A full tummy and a dry bottom are the fastest route to a happy baby.

Dress and wrap baby appropriately for your car journey, but try to stick to clothing that will be easy to undo and remove for the minimum amount of upset and disruption after you arrive. I'll make sure that the studio is warm and cosy for you!!!

The studio is very quiet, but I can play some white noise or heartbeat sounds to assist baby with getting settled if required. If you prefer, you're also very welcome to bring some background noise or familiar music on your phone / device to use during the session.

❖ During your Session

Newborn photoshoots are pretty unpredictable. Sometimes we get lucky and baby will sleep right through from beginning to end, but it's far more common for them to become upset or agitated at some point during the session. Try not to get stressed or worried – you certainly won't be the first and there's plenty of time built into your appointment to get baby settled again.

If we need to pause for a feed or a nappy change that's absolutely fine and if getting sleepy and settled enough for some of the more heavily posed shots doesn't happen on the day, then we'll work with what we have and adjust our plan accordingly.

All newborn sessions are booked out for 3 hours. Most finish around the 2 hour mark, but many babies do require the full 3 hours. The actual photography element only takes 45 minutes to an hour, so that leaves plenty of time for us to take things at whatever pace baby needs.`