

Newborn Photo Session Guide



Newborn sessions last two hours and are best done within the first 14 days of the baby's birth. I shoot lifestyle newborn images, which means I come to your home and document your life with your new baby. My goal is to capture your natural, timeless and special moments. I do bring a few neutral blankets/wraps and will help to pose you as needed however my shots are often candid and are meant to tell your story. Please keep in mind that photos after the first 14 days are totally possible, but may require the baby be held for the majority of the time since they tend to be more awake and squirmy. Below are some tips to help prepare you for our session:

~ I am a natural light and lifestyle photographer so it's very important that the room(s) we shoot in have tons of natural light. Please note that due to my style of photography I bring a very limited amount of props with me as I am aiming to capture real and timeless moments with you and your loved ones. You can check out my portfolio to see what you can expect out of a session with me!

~ The room we are going to be doing the most shooting in should be clear of any obstacles. If you would like to take any photos in their nursery please make sure it is nice and clean prior to my arrival.

~ I recommend if at all possible that we schedule the session to begin during the baby's sleepest time of the day, which is typically mid-morning. Of course, this can fluctuate from baby to baby! Babies sleep best when they are warm. I highly recommend turning up the heat to 75-80 degrees. If you have a space heater this is also something to have on hand for the photo session.

~ Do your best to keep your baby awake about 2-3 hours prior to the start of the session, this way when I arrive they're ready to sleep. If possible, please don't feed your baby until just before the start of the session. Sometimes the baby will require a couple of feedings throughout the session - this is completely normal and okay. It's also very helpful to have a paci nearby, just in case, to help keep the baby calm.