



Newborn Session Prep Guide

The first few days of a baby's life are so magical and incredible! Being able to freeze those moments for you is such an honor! I thought it might be helpful to write down how parents play an important role to a successful, pleasant and enjoyable experience for the successful newborn shoot.

Birth Day!

Yay!! I know you are just excited as I am to capture those little tiny fingers and toes while it last! Once you and baby have been giving the green light to go home, please contact me right away to schedule a definite date and time for your baby's newborn session. Sessions are typically scheduled 2 to 4 days, following your release. (3 to 10 days after birth)

When scheduling the session, the earlier the better. Very young newborns tend to do very well in the studio, as opposed to a baby that is 10-14 days old. They tend not to wake up as frequently and are more easily posed for the scene. A mere 48 hours in a newborns life is very crucial when prepping them for their session. I have witnessed many, many times after the 10 day mark, newborns have discovered the art of stretching! Once that happens...they won't let us curl them up in the cute little newborn poses without a fight!

Still need to come in after the 10-14 day mark? No worries, my training and experience as a mom of twins myself has taught me ways to soothe and nurture the feistiest of angels to sleep and beside who really doesn't want to cuddle and hug these little human beings ALL DAY long!! It helps calm my own baby fever 😊

Location, Location, Location!

Newborn sessions take place in my studio located at 754 N. Court St., Suite F, Medina OH 44256.

Sleepy, Hungry!

Babies do very well in the studio for posing when they are in a very deep sleep. To encourage this I highly recommend, stimulating the baby at least two hours before your scheduled arrival, a warm bath always does the trick. This also means keeping them awake during the car ride here and refrain from feeding 2 hours before arrival as well.

Once you arrive you will feed your baby right away in part of preparing him/her for their session. We will remove any and all clothing, except for the diaper. As you might know babies don't like the feeling of being naked, they want to be warm and completely snuggled and for most of their session they are naked. (can be fully dressed upon parent's request) The act of undressing them alone completely startles and wakes up a baby faster than anyone expected and because of that I will have you undress baby and snuggle into a blanket for their feeding. Most babies will fall into a deep sleep in about 15 minutes after feeding is completed.

From experience, babies that have been asleep prior to arrival are unfortunately the babies that are more difficult to pose because as soon as the blanket comes off, they get startled again and it's back to trying to put them to sleep. This will take time away from your session time and limit the number of possible stages and poses that we will get.

Keeping in mind these two instructions will most certainly give you a well-rested baby. In return we'll be able to maximize the time you have in the studio with plenty of scenes and photos so for that reason please do not underestimate and risk how well your baby sleeps after a feeding. We need your bundle of joy to be very exhausted, tired and a bit hungry. I know it will be hard, atop of your own sleep deprivation but I promise you, it will be well worth the effort!

Feeding!

Please if formula feeding bring at least two feeding worth of formula with you to your session, This will allow for the initial feeding and a bit more if baby needs a bit more mid-way for soothing. I highly recommend if you're solely breastfeeding to pump and bottle feed your milk for your baby's session. This will help maximize your session time. If you don't pump, my only alternative is to formula feed just for this session only. As a mother of twins I've realized breastmilk doesn't keep our babies fuller longer so choosing to formula feed for the session, will not only be a little easier for you but it will keep them asleep longer during the handling and posing for a scene. Moms, please just be advised it's just a recommendation so if you choose to do neither, its completely okay. As a newborn photographer, I just feel it's my duty to offer any advice or tips that you as a parent can use to maximize the time we have in the studio and in return you'll be able to showcase and display more than the average number of baby photos!

Shhh!

Please do whatever you can to keep the noise to a minimum during our session. Maintaining a calm environment is also a big key to a successful newborn shoot. I do have a white noise app that I will keep close to baby during the session to help soothe him or her. Babies love strong and rhythmic sound, as that's the sound they heard 24/7 in the uterus! If we are doing images with older siblings I highly recommend having dad or a grandparent take them to a park or a playground nearby or even back home after their portion of the shoot is completed. Small children have a very hard time remaining quiet and calm for several hours on end :)

Regulate the Temp!

Since babies are usually photographed naked, the studio will be set at a temperature of 80F to ensure baby is warm and comfortable. If we're not sweating, it's probably not warm enough for baby! Parent's please make sure to wear comfortable loose clothing. I will also provide water and snacks.

Safety!

Safety is my utmost number one top priority when handling your baby, so either mom or dad will be my spotter/assistant for certain poses. All eyes and hands are to be kept around baby during posing. During the session I will be handling and posing baby, but don't worry I have plenty of experience handling a newborn (don't know if I mentioned I have twins of my own) I will hold and care for him or her as if they were my own, I promise!

Mom, Dad!

Chances are you'll be here close to 3 hours so I highly recommend eating a good hearty breakfast/lunch before you arrive. I know this can be a very exciting and stressful time for you, especially when adding sleep deprivation in the mix! As much as my goal is for baby to be comfortable, I also want you to be comfortable and at ease! Having me photograph these precious moments for you means a lot to me so anything I can do to make it a smooth journey for you, please don't hesitate to let me know!