

Preparing for your newborn session

Your session will last 4 hours and it's success depends on how sleepy your baby is. I have included thoughts, below, for preparing:

- If you are nursing, avoid eating spicy food that might upset baby's tummy for 24 hours preceding your scheduled session.
- Please have a pacifier available and inform us prior if your child has any special needs such as reflux, colic or fussiness.
- Please bring extra bottles of breast milk or formula. We have a fridge and bottle warmer at the studio.
- The studio will be heated to 75+ degrees to keep your little one warm while in their birthday suit. I recommend dressing in layers for comfort.
- It is crucial to keep the baby awake for the majority of the morning before the shoot. Consider giving the baby a bath to help keep them awake or get them naked.
- Feed your baby as much as possible to allow for baby to sleep at the studio.
- If doing family images, come dressed for those images and coordinate to the color selected on the questionnaire.



“Because these first moments
deserve to last forever.”



- We will go over the workflow when you arrive so you understand the plan. Generally, if we are creating family and/or sibling images, I start with those images and then do the newborn alone. I will review all the colored backdrops selected so you can make any desired changes to represent your taste perfectly.
- Please dress your newborn in loose fitting clothes to avoid any lines on skin - a simple button-up sleeper is best.
- If you haven't done so already on the questionnaire, please feel free to send me some sample images to use as inspiration for your session. Please include images that show any specific colors you may want or ones that showcase the style images you are excited to bring home.
- For the most part, you will be able to relax. Many people use the time to catch a much needed nap- I want you to do whatever works best and feels right for you.
- Please don't hesitate to let me know if you have any questions or concerns prior to your session date.



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Your baby's first story starts here

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