

Preparation Tips

for newborn sessions

While there is no guarantee for a completely smooth and easy newborn session, here are a few tips and expectations to help everyone, most importantly your baby, have as stress free time as possible.



Tip 1: The goal is for your baby to sleep! While we can definitely attempt to get some photos while your baby is awake, it can be difficult to achieve the adorable positions and variety while the baby is awake. There are a few things that can be done to help your baby stay cozy and sleepy.

Tip 2: Full belly! If you have any experience around newborns then you are familiar with what we all affectionally call "milk drunk". Usually when a baby has a full belly they will fall asleep. If possible, schedule their feeding to be when you first arrive at the studio. We will get the baby dressed and swaddled, then feed them. Then, hopefully, they will be sleepy and ready. Also, be sure to have whatever supplies you need to feed them throughout the session.



Tip 3: Time. A newborn session will take a minimum of 2 hours, frequently 3. That only goes up the more family members that are involved. If the session is for multiple babies then the session will likely last 4 to 5 hours. The reason it takes so long is because we will frequently be taking breaks for feeding, diaper changes, and soothing. I have snacks and water available, but you might want to bring provisions if you think you'll need them.



Tip 4: Siblings. If you are bringing other children to include in photos we will do whatever possible to make this an enjoyable experience for them. We will do any photos that include them first. That way, if one of the parents or another adult are available, they can leave with them while the rest of the photos are taken. This way the sibling is only needed for about an hour.

