

# Newborn Session Prep

- Session will last anywhere from 1- 4 hours to allow for feedings, diaper changes, and any mood swings that may occur. The best age for newborn sessions are from 7-14 days.
- If this is a home visit session, be thinking about which room in your household has the open windows. I am a natural light photographer and will be using the natural light to our advantage. For this same reason, sessions are best scheduled during the day from 10am to 4pm.
- Half an hour to one hour before the session, please warm the nursery room to ~ 85F. A warm baby will make photographing without clothes much easier. Instead of warming the house, you can use a space heater. If you do not have a space heater, a heated blanket or heat pad may work but please contact me if you do not have one.
- If your baby normally falls asleep after a feeding, wait to feed him/her until the session.
- I always use a beanbag for newborn shoots, so I'll bring this along with a couple of clean blankets. You are responsible for providing wraps, swaddles, baskets, and any special props you want to incorporate.
- We will start of the session in different wraps and swaddles and work our way to shots without clothes. If you have a special outfit or outfits, we will do that photo first to reduce crankiness during outfit changes.
- Family photos. Try to keep all outfits, including your own simple. Too many designs will distract from the photo.