



THE

newborn
session

hey there

Congratulations on the newest member of your adorable family! Since these first few days and weeks are just so magical, it is such an honor to document your little one. I assure you that it will all be worthwhile since you have decided to preserve this fleeting moment with your child and to remember them precisely as they are right now. Here are some tips & tricks for getting ready for your newborn session that I've found to be really useful in making it as joyful, stress-free, and fun as possible.

Let's get started!





making memories that last

a lifetime



best time to book

The best time to do newborn sessions is when infants are between 5 to 14 days old. Newborns sleep peacefully and sweetly throughout the first 14 days or so after birth, and they can easily adopt positions that are similar to when they were in the mother's womb. During this time, the most iconic "sleeping" pictures are taken. When you schedule newborn photos within the first two weeks, you can benefit from the baby's regular sleeping patterns. So, make the appointment as soon as you can to avoid missing this fantastic opportunity. The sooner you schedule, the sooner we can make sure you have some date options to choose from during the 14-day age range. This is why I often recommend booking your session months in advance. Once baby arrives, we will set the actual session date.





baby preparation

SLEEP

The secret to getting classic newborn pictures flawlessly is by having your baby sound asleep during the photoshoot. A great way to do this is by making the baby take a warm and long bath approximately 1 to 1.5 hours prior to the scheduled session. The baby usually gets soothed, relaxed, and sleepy after the bath.

Prior to the session, spend 1.5 to 2.5 hours playing with the baby to try to keep them awake. It is important that your little one must not fall asleep in the car on the way to the location. By keeping them awake, the baby will be exhausted when they arrive at the studio and will easily fall asleep just before the session begins.



FEEDING

Newborns are known for being hungry all the time. Before the photoshoot, make sure your baby is well fed. You don't want them screaming for milk throughout their photoshoot. When you feed your baby just before the session, they will cry less and be more at ease.

Furthermore, a full belly will result in a happy and sleeping baby! Remember that we are aiming for the baby to be fully asleep throughout the session. If baby gets hungry during our session, that is fine too! Baby is the boss & if they need to eat at anytime, we will pause the session to feed.

After the feeding, make sure to burp the baby. A happy, sleepy baby might quickly become uncomfortable due to gas.



POOPING

It is normal and totally okay for the baby to poop or wee on my backdrop or anywhere else if we do undressed poses. I can promise you that it frequently happens! Please bring baby wipes, extra diapers, and a towel with you. I wash all of my backdrops and any materials the baby comes in contact with following each newborn session. Just in case, it's a good idea to have an extra set of clothes for the parents. The person who always gets poop or wee on is typically me, but occasionally it's you!



TEMPERATURE

Please note that the studio will be warm. Babies enjoy being warm, so turning up the heat (no matter the season) keeps them happy and asleep. You are more than welcome to bring drinks and a change of clothes in case you get too hot.

BREAKS

We'll stop when your little one needs a break. Do not worry if your baby gets fussy, it's completely normal. We will most definitely stop if the baby needs to be fed or have their diaper changed. Most infants require at least one feeding during their session. Remember that looking that cute is hard work!





STYLE

Dress your baby with loose clothing or warm fabrics that are simple to unwrap without pulling the layers over the head. This will ensure that we do not wake the baby upon undressing them. No tight socks or vests to prevent marks on their skin.

You don't need to pack anything for the baby to wear. I will provide all the clothing, props, headbands, and wraps. Don't stress about their clothing unless you want to bring anything unique for your baby's photos. Please let me know if there is something special you want to bring so I can plan the set around it.





mom & dad

Mom and Dad, you two are a huge part of the show. One of my all-time favorite things to do is take pictures of the bond between a parent and their child.

Dads: Please wear a solid-colored shirt that looks casual yet dressy.

Moms: Keep the design simple and the colors neutral. Your hands will appear in the pictures, so make sure you don't have chipped nails if you're wearing nail polish.

I believe that neutral/tan, cream and blush, or solids/blacks are the colors that work best for family portraits. Keep in mind that the new baby is the main attraction, so avoid using distracting patterns and loud colors.

siblings



It could seem overwhelming to include older siblings in your newborn's photographs, but you'll be happy you did! When it comes to siblings, I advise having dad or another relative bring them at the start of the session. Once the family and their share of the session is finished, they are free to leave. Newborn sessions generally take about 2 hours, which can become too long especially for young children (and dads sometimes too).





things to bring

- Diapers and baby wipes
- Milk
- Parent and siblings outfits
- Pacifier (optional but very helpful)
- Baby go home outfit
- A baby blanket
- Props you would like to include

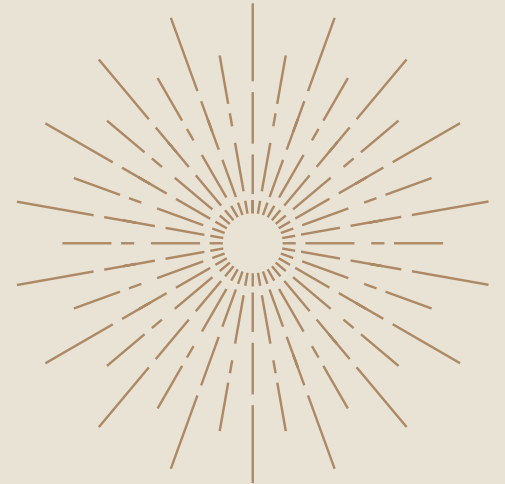
You may also bring anything to make you comfortable (ipad, books, nursing pillow, etc.)



lastly, sit back and relax.

Sit back, relax and take in the session. It may sound corny, but it's true: Enjoy this moment while it lasts because it won't last forever! I want you to enjoy seeing the first photoshoot of your new baby. The outcome will be spectacular! I am really excited!

If you have any inquiries, need outfit ideas, or require help with anything else, please contact me and I would be happy to assist!



get in touch



Please do not hesitate to contact me if there is anything else I can do to assist you beyond this guide! In the meantime, happy newborn session planning!

xoxo, Caitlin



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let's start this
adventure!