

Tips & Info for a Successful Newborn Photo Session

Here are a few tips to help ensure you get the very best out of your newborn session.



- **Schedule ASAP.** Newborn sessions MUST be scheduled within the first 14 days after birth. However, the BEST time is when they are 3-7 days old. Please contact me as soon as possible after baby's birth to schedule your session.
- **Don't worry about the state of your home.** Don't stress over making sure the house is clean and straightened up – you just had a BABY! If you didn't have dishes piled in the sink, dirty clothes and baby items strewn all about, I'd be concerned. Clutter is expected!
- **Open all of the blinds and curtains in your home** prior to my arrival. This enables me to find the best source of natural light in your home, so that I can set up our "mini studio" in the best possible location. Nothing flatters like natural light, so I prefer to use it whenever possible. I'll also bring additional lighting equipment to help out when needed.
- **Turn up the heat.** We'll want to keep your home warmer than normal during the session... about 80 degrees or so. Please turn up your thermostat about 30 minutes before my arrival. This is guaranteed to make the session flow more smoothly and help baby sleep better. I may be sweating, but baby will be nice and warm ... and that's really all that matters! I'll also be bringing along a space heater to help keep baby in a steady warmth.
- **Loosen baby's diaper and clothing** at least 30 minutes before the session. This gives those little imprint marks time to disappear. Your baby will be naked in most of the shots, but I pose them so that all the "important bits" are not on display.
- **Plan to feed baby when I arrive,** while I'm setting up. A well fed baby is a happy baby! Please feed and burp baby right before our session to ensure a happy, sleepy "milk drunk" baby. We will also take as many breaks as needed to help your precious little one re-fuel. It's tough work being a model!
- **RELAX!** Let me say it again... Relaxxx! I'm very comfortable holding and posing newborns. (I have many years of experience working with babies and nanny-ing kids of all ages.) Your baby is in safe hands, I promise! Feel free to rest and leave the room for a bit if you'd like. You are welcome to use this time to take a nap, shower, etc. If I have a question or need you for feeding, I'll come and track you down.
- **Have patience.** Parents tend to stress out because this is a new experience and they aren't used to the waiting game that is newborn photography. They see their baby being fussy or having a difficult time getting settled and panic. "This is a disaster! We aren't going to get ANY good photos!" It isn't, and I will! I take the baby's lead; getting them to sleep before posing takes time and they may need to be fed or

cuddled a few times first. In fact, a good 50-75% of your session will involve feeding and cuddling to get baby comfortable. If that doesn't work, I'll take a break or I'll work with what baby is giving us.

- **Remember: babies can sense stress and anxiety** (especially from their mommy!) It's super important that EVERYONE remain calm and relaxed during this session. Keeping the environment as mellow as possible is pretty much the only way we're going to get the shots we're looking for.
- **Maintain quiet.** I will have white noise to play to help soothe baby, but please keep TV and music to a minimum. If you have children and would like them to be included in some photos, I recommend bringing them in at the beginning or end of a session and then having someone take them. Only those being photographed should be present to help maintain a calm environment.
- **Have a supply of old towels, wipes, & blankets** on stand by for clean-ups. Your baby is going to be in the buff for the majority of this shoot. Please don't panic if they decide to use my blankets (or me) as their own personal potty. This is natural and I expect it! Please don't feel embarrassed or worry when this happens, because they all do it. (I get peed on at least once every session.) I wash all of our baby props and blankets between each session.
- **Let me know if you have specific requests** (preferably before the session). I have a collection of bowls, baskets, blankets, and knit hats that I'll be bringing. You are also, of course, welcome to use any of your own props. Looks for items with texture and color to help make your images unique. If you have any family heirlooms, toys, hats, props, etc. that you would like me to use in your session, please gather them before I arrive. I may not get the chance to use ALL of the items, but I'll look through them with you to determine what will work best.
- **Be prepared to leave the room.** As a mother, your smell is so recognizable to your baby, that it may be necessary for mom to step out of the room for a portion of the session. This is not meant to hurt your feelings, only to allow me to help the get baby thinking sweet, sleepy thoughts...instead 7654323ty "where's my milk?!"
- **Speak up if you need.** Your baby's safety comes first! If there is ever a point where you become uncomfortable, just let me know! I take every measure to ensure that your baby is never in any danger.
- **Pamper & dress yourself – but simply.** You just had a baby and aren't feeling your best; keep it simple. Brush your hair and put on a little makeup if you're up to it, but don't worry if you're not. Dress comfortably and simply. Throw in a little color if you'd like, but skip the busy patterns. Skin-on-skin portraits with you holding your baby against you can be amazing. They're so simple and timeless! A great, modest, way to achieve this is with a strapless top or tank.
- **Gentlemen, please groom too!** Your hands, and possibly even your feet, will play a major role in this session, so it's important that you tend to them! Trim and tidy your nails and apply lotion to any dry skin. Clothing advice? Long or short sleeved knits are best. (Make sure there isn't too much bagginess in the sleeve.) Undershirts also work well. I suggest you not wear button down shirts, and make sure any T-shirts are free of logos or too much writing.
- **Make the Bed.** Often really great shots can be had on your bed, the whole family together. Please make the bed, just this once. Cover it with a solid blanket/comforter (or something that isn't TOO busy.) White to light cream bedding is recommended, to keep things light and airy. (And I am happy to bring something along if needed, please let me know.)

Questions or Concerns? Please let me know!

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