

# NEWBORN SESSION

*a guide for parents*

**TIPS FOR MAKING**  
*the most of your session*



*Great photo's deserve to  
be printed - How will  
you display yours?*

*the*  
COPPER LENS  




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# THE STUDIO

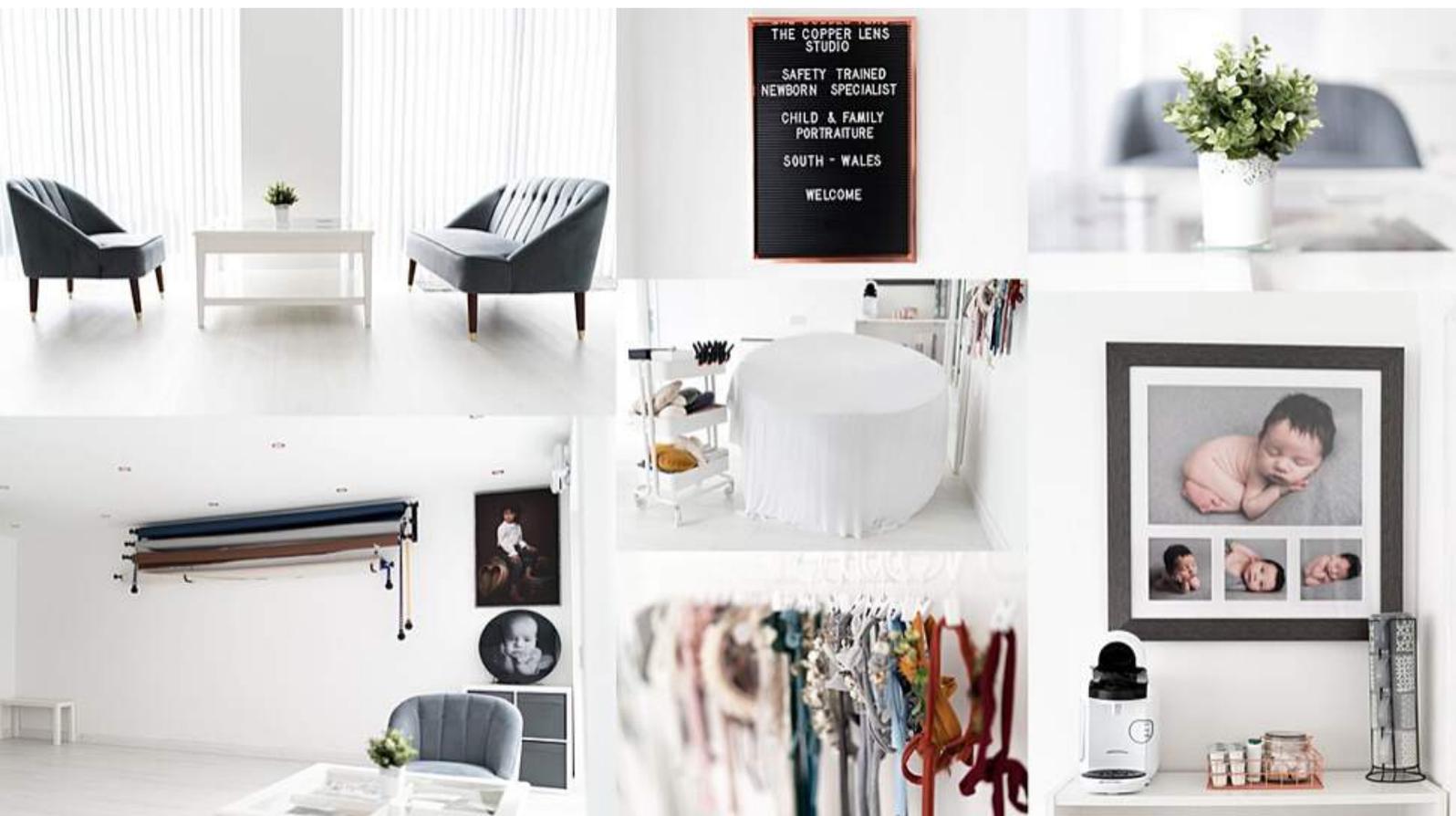
## LOCATION

8 Emily Fields  
Birchgrove  
SA7 9NJ  
Tel: 07794655126

Thank you for choosing me for your beautiful new babies photography session.

I am a professional photographer specialising in maternity and newborn photography taking special care for babies safety. My little studio has everything you need for your newborn session. This guide will help you prepare for your session as well as hopefully answer any questions that you may have. Please feel free to contact me if you have any questions that havent been covered here.

*xo*



## 02. SCHEDULING YOUR SESSION

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*Because newborns never arrive when they're suppose to!*



Newborn sessions are scheduled for weekday mornings **ONLY**. You will need to arrive at the studio for 9:30am on the day of your session. Wether your baby is a boob monster or bottle fed - we allow time for baby to feed before the session starts so please dont feed the baby just before leaving as this is best done just before the session starts.

I understand that not all birth stories are the same, and sometimes hospital stays are inevitable - **HOWEVER** its **important** to let me know **as soon** as baby arrives so that we can schedule your newborn session for the first 2 weeks of life where possible.

”I DIDNT EXPECT TO HAVE THE REACTION I DID WHEN I FIRST SAW MY PHOTO'S. I AM IN LOVE WITH EVERY SINGLE ONE”

TELL ME EVERYTHING

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When baby arrives – theres a few details I need to know;  
Date/time baby was born  
Weight  
Name (if known)  
Mother and baby's health.

I wish you the smoothest birth experience possible, but understand that each one is unique and unpredictable. If there are any health concerns for mum or baby, or if you are expected to stay in hospital more than a few days, then it's important I know this information so that I can schedule your session at the most appropriate time.

Most newborn are scheduled anywhere from 7-14 days after birth. But please don't worry if your session cant be held during this time due to health reasons as I can capture these precious photos up-to 6 weeks old if needs be.

I dont turn any newborns away if they are older than 14 days, it's just important to understand that as their bones and muscles develop they start to 'uncurl' and some poses may not be possible as they get older – but I guarantee a beautiful gallery full of images you'll love regardless of their age!



### *the important bits...*



Its best to feed your baby at my studio just before we begin. A newborn session usually takes around 2.5 hours and babies like to feed every 2-3 hours. Feeding baby at my studio before we start can hopefully guarantee an uninterrupted session. If your baby is a milk monster and decides that the one feed just isnt enough, then we will always go at babies pace and stop for additional feeds if needed.

Its important to know that EVERY session is a baby led session, and I never deny baby a feed if they are unsettled/hungry. If we need to stop for extra feeds due to a growth spurt or if baby just wants a cuddle then thats exactly what we'll do.

If you are bottle feeding, I recommend bringing **EXTRA** feeds as babies tend to feed more during their session.



## A WAY WITH KIDS

*" Elicia has such a magic way with kids. She was able to make the session calm and relaxing allowing us to get the most beautiful images that we love!"*





I NEVER KNEW  
SOMETHING  
SO SMALL COULD TAKE  
UP SO MUCH ROOM  
IN MY HEART.

## 05. WHAT TO BRING

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*checklist...*



Please bring the following with you to your session;

- Dress baby in a loose babygrow
- x2 Sterilised dummy's
- Spare Nappies
- Extra bottles if bottle feeding (babies often feed more during sessions).
- Any special items you want photographed with baby such as a parents uniform or special keepsake etc.

If baby doesn't normally have a dummy, please bring them just in case. Newborn sessions are new to your baby and they often want to self-soothe by sucking more often than usual. Using a dummy during the newborn sessions will not encourage bad habits nor interrupt with feeding / latching - I promise!

## 06. BABY SAFETY

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*the most important thing ever!*



It is important to understand that I take baby safety very seriously. Most complicated images are composites and not all babies are able to bend into all of the poses as each little baby is made differently. I will always discuss poses before we start the session and explain how I achieve some of the more complicated poses.

It is **IMPORTANT** to me that baby is always safe and supported at all times during the session.

The above image is an example of a composite image, and as you can see baby is safe at all times. Using a little photoshop magic I'm able to create the finished masterpiece!

## FRAMES - ACRYLICS - CANVASES

*because your baby deserves their own masterpiece*

My studio has plenty of beautiful samples for you to be able to look at during your session and I guarantee there will be something that will look stunning in your home.

When you come back for your ordering session, make sure you have had a little look around your home to find the perfect hanging spot for your new baby to take centre stage - even if it means you have to move things around. Your new baby deserves to have their portrait proudly on show for all of your family and friends to see when they visit.

I can provide almost any sized wall art - so measure up before coming to your ordering session so that you can choose the perfect piece for your home!



*helping you get the most from your images*



You don't need to bring anything for your newborn as they will either be naked or wrapped during the session - I have plenty of wraps, bonnets, headbands and props available - so that's one less person to think about!

For parents and siblings I recommend solid and simple clothing that doesn't have any distracting patterns or logos and avoid bright colours too.

Keep clothing in similar tones and colours to compliment each other in your photos.

For the dads / boys, I recommend plain jeans / chinos and either a plain white or black top or matching shirts - light blues and navys work well too. Mums / girls look lovely in neutral blouses, tops or dresses.

Whatever clothing you choose, I'd suggest trying it on first for a trial run or laying everyone's outfits out on the bed to make sure that you all match and compliment each other.

*prepare yourselves!*



They say never work with animals or children! This isn't because they are messy or loud or hard to communicate with - it's because they can be unpredictable!

Naps get missed, meal times are late and your toddler is having the tantrum of all tantrums! They definitely don't want to be forced to sit still or be told what to do! This is why having a toddler at the studio for the whole session can sometimes be a bad idea as boredom kicks in pretty quickly and your toddler loses all interest before it's their time to shine!

If you have an unsettled toddler, this can stop us from not only getting photos of them, but can unsettle baby too meaning any chance of photos gets a slimmer and slimmer.

For the best chance of success I ask either dad or a relative to bring the toddlers towards the end of the session so that they are fresh and happy ready to give me the best big brother / sister shots possible. This way they won't see all the attention going towards the new baby and we can focus more on them and your family portraits!

## WHAT IF MY BABY DOESN'T SLEEP?

The session is cancelled and we all go home! Jokes aside not all babies sleep the entire session. Im able to pose babies even if they are awake - so don't worry your images will be perfect either way!



01.

02.



## WHAT IF MY BABY CRIES?

Baby will most definitely cry - because thats what babies do! If I moved you every 2 minutes while you were sleeping im sure you would eventually cry too! Think of me as your dedicated baby whisperer. I have plenty of tricks up my sleeve to soothe and comfort even the most stubborn baby.

## HOW MANY IMAGES DO WE GET?

The amount of images you get depends on the package you choose - all of which are available on the website. I professionally edit around 20 images for you to make your selection - but most of my clients choose the Platinum Collection - because who doesnt want all of their babies photos?



03.

## CAN WE INCLUDE PARENT/ SIBLING PHOTOS?

Every newborn session includes pictures with parents and any siblings. If there are siblings please let me know ahead of time. Its best if someone can bring the siblings towards the end of the session to stop them getting bored.



04.

05.



## WHAT IF MY TODDLER DOESNT GO-OPERATE?

A bored toddler is hard to work with - thats why its best if someone is able to bring them towards the end of the session so that they dont loose interest. I have two children myself and have photographed lots of children too so i've always got a few tricks up my sleeve. But its important to remember that kids will be kids and we will go at their pace!

## CAN YOU FIX BABY ACNE/ DRY SKIN?

Yes - Absolutley!

Babies tend to be either a little pink or jaundice, or they have baby acne or lots of dry skin.

Babies skin is rarely perfect.

Booking with me means that you've hired a professional so skin retouching is available making sure that everything is perfect!



06.

07.

## WHAT IF BABY'S CORD IS STILL ATTACHED?

Lots of babies still have their cord attached during their session - careful posing means that we are able to hide it in the images so don't worry about it being visible.



08.



## WHAT SHOULD WE WEAR?

I believe that you should be yourself and feel comfortable in what you are wearing. However you want your photos to remain timeless, so I recommend plain blouses/shirts or plain T-Shirts.

Read further down for more suggestions on clothing.

## WHEN WILL WE SEE OUR PHOTOS?

At the end of your session we will arrange your viewing session for the following week. I don't believe anyone should have to wait weeks and weeks to be able to see their photos. So please make sure you and your partner know your availability for the week after your session.

09.



10.

## HOW DO WE PAY FOR OUR SESSION?

Your chosen package must be paid on the day of your session (minus any deposit paid), and can either be paid via bank transfer to the account details in your client profile or via cash on the day. If you are unsure what package you'd like - then the smallest package will be paid for.



11.



## CAN WE UPGRADE?

YES - Absolutely! Most of my clients choose all of the images in their gallery as they just can't choose! If you paid for the smallest package at the session but wish to upgrade at your viewing/ordering appointment then that's absolutely fine - you can just pay the difference to upgrade.

## WHAT IF WE CAN'T DECIDE / AFFORD OUR PHOTOS?

During your viewing/ordering appointment I will help you choose your favourite images and any wall art you'd like to purchase. If a package/wall art is slightly out of budget please don't worry. I can offer payment plans so 50% is payable at the viewing session and the remainder can be split over 2 months. I believe everyone deserves the photos they want.

12.



*PLEASE READ*



To ensure everyone's safety at the studio please can the following be adhered to:

- Only 2 adults are allowed in the studio at any one time and **MUST** be from the same household.
- Hand sanitiser is available and must be used.
- Shoes must be removed when entering the studio.
- Face masks are available but not compulsory.
- Parents **MUST** stay 2 meters away and not approach me when working with your baby.
- If applicable, siblings will need to be brought to the studio towards the end of the session if wanting family photos with baby. Please inform me ahead of your session.
- You must take any rubbish with you.

If you or anyone in your household experience any of the following you must inform me. Your session will need to be rescheduled.

- High temperature or fever
- Shortness of breath
- New, continuous cough
- Loss or change in sense of smell or taste



BABY PENDING....

Don't forget to keep me in the loop during your pregnancy and make sure to let me know as soon as baby arrives so that we can confirm the date your session. If you have any questions before your session then please get in touch!

*Elicia*  
*xx*