

*A Guide for Parents*

# NEWBORN PHOTOGRAPHY

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# WHAT TO EXPECT ?

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## 1. Parents onboard

Together we approve a plan for a session: I shall seek permission for everything that I want to do, and make sure the parents are onboard and are really happy and comfortable with the plan. Important to add, that I never use flash for newborn photography, which can bother the baby or negatively effect eyesight.

## 2. Photo props

All photo props are provided by myself. However, I would ask you to prepare some towels and blankets, as these things might get soiled during the shoot. Needless to say, it s parental choice if you go for nude baby shots, or wish to keep the baby dressed throughout the shoot. Also I will ask the parents if there are sentimental items (i.e. gifts from grandparents or childhood stuff) that you'd wish to incorporate into the shoot.

## 3. Lots of love, patience and mood management

While we have a plan, be ready to mix them around or chuck them out of the window if necessary. For these sessions, we will usually plan 1-2 hours of our mutual time. That way, there is ample time to settle baby down when s/he's feeling agitated, to feed when hungry (and boy, these little munchers get hungry very frequently), and clean up when the little (expected) accidents happen. As a photographer and a mother, I put myself on my clients' shoes and understand how you feel and worry. And I know, that the baby can be tired. From there, I can sort out what will help you and your baby to calm down and enjoy the session with me, if there is a need. And remember, the a safety and comfort of your baby - is my number one priority.

## 3. Know the story

For every stage of a baby's life, they reach milestones, which are gems in their baby history. For newborns, the most unique bits for me are the tiny flakes on their

skin, their newborn pimples, the wrinkles on their arms and legs, how small they are when you fold them into a fetal position, and their ability to sleep through anything. I read up on your baby age milestones and understand what are the important bits of their story. As they grow up, these things can be their propensity to put everything in their mouth, sitting on their own, belly crawls, crawling up on their hands and knees, the first teeth, first step, and so forth.

## **4. Growing**

These little ones are growing everyday. I highlight how tiny s/he is at this given point in time, and use stuff around the house as reference points on how much the little ones has grown. It can be something as straight forward as a measuring tape, or it can be something more playful like a teddy bear, a bowl, a basket, or parent's hands.

## **5. Focus on the relationships**

Everyone's excited about the new baby! Other than shots of the whole family with baby, I make sure to get a shot of baby with both parents. For bigger families, a shot of the elder sibling with the new baby is a classic heart-warmer, and is something that every parent finds precious. When we're managing two little ones, there will be lots of patience required as usually, one will feel fussy while the other one feels cooperative. We engage the elder child and make them feel that this is just a game instead of a task. I shoot in burst mode, and wait for the perfect moment when they are connected.

They said, that Photography is a way of feeling, of touching, of loving. It remembers little things, long after you have forgotten everything. I'm here to make your Memories brighter.

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