

NEWBORN GUIDE

*Prepping for
a Successful
Newborn Session*



LATOUR
DESIGN



Prepping for a Successful Newborn Session

When to photograph: Newborn sessions are recommended to be done before 2 weeks of age (preferably between 5-10 days) while they are still in that sleepy and curly stage. After two weeks of age, they tend to be disturbed more easily while sleeping and it is not as easy to get the true newborn poses and look. They can also become colicky or baby acne can start to flare. Plan on session taking 2-4 hours, depending on baby cooperation and feeding times.

In order to ensure that the newborn session runs as quickly and as smoothly as possible, please follow these steps:

- 1 If nursing, try to avoid eating anything spicy (ie. pizza, hot sauce, etc) or anything that will cause gas and might upset baby's tummy for 24 hours preceding your scheduled session. A gassy baby will not pose well during the session due to their little tummy being upset.

'If baby happens to be gassy the day of your session, Oval or Gripe Water can be used to help ease baby's discomfort.'
- 2 Interact with baby and try to keep awake for 1-2 hours before your session to ensure he/she is good and sleepy for the session. This is very important. Without this, we spend too much time getting them to sleep and not as much time photographing them.

'Stimulating baby with a bath or by doing 'naked time' prior to the session are some tricks that you can use!'
- 3 Please make sure your little one has a full belly for the session. Please feed baby just before you leave for the studio. I have many clients who arrive at the studio saying that they gave baby a small feeding about 45 minutes ago and need to feed baby upon arrival. If you need to travel a longer distance, plan on feeding baby right when you get to the studio. Since the session will take 2-4 hours (depending on baby cooperation), baby will feed at least once at the studio. If baby is bottle feeding, please bring extra bottles and milk (formula or breastmilk) – (babies work up quite the appetite being constantly moved around in the warm studio). Also, baby should be fed as much as possible in the 12 hours that precede the session. This will allow for baby to sleep as deeply and as long as possible.
- 4 Dress baby in loose fitting clothes to avoid any lines on baby's skin and to also avoid disturbing baby when getting undressed. A simple sleeper is best. Please avoid onesies or anything that has to be pulled off over baby's head.

- 5 Bring a pacifier – they can be very helpful during the session!
 - 6 The studio will be heated to keep your little one warm while being photographed. For nursing moms who may need to step inside the studio to nurse baby, I recommend dressing in layers.
 - 7 When you arrive, please leave baby in the car seat when bringing him/her into the studio. I will remove baby very slowly in the warm studio to avoid disturbing them as much as possible.
 - 8 During the session, sit back and relax. I shouldn't need much assistance, so take advantage of this time to rest, I'm sure you need it! Parents will often watch a movie, answer emails or read while I work with your new little one.
 - 9 This is a full service studio meaning that I will be changing baby's diapers, cleaning up any messes, and feeding baby when required during the session. I usually ask that Moms stay outside of hearing and smelling range. Once baby has that connection with mommy in the middle of the session, it's sometimes hard for them to get back into a deep sleep or if mommy's milk has not come in all the way baby may want to use mommy to snack on and pacify frequently. I have always had the most success by being the only one to interact with baby during the session. If you're breastfeeding and are open to bringing bottles with breast milk, great! Of course if you are exclusively breast feeding then I will ask you to step into the studio to feed baby when required (again, asking that you remain open to feeding on demand at the studio).
- If you want to be part of the session, we can do that too. As mentioned above, I have had more success with posing baby when mom is watching from a far.
- 10 Remove all bandages (from shots, etc) from baby's skin at least one hour before arriving to the studio. These bandages cannot be removed in post processing and, if left on, will show up in the final images.

I have several props, wraps and blankets for the session. Feel free to bring any from your home. Please contact me ahead of time if you want to use something specific. I look forward to meeting you and baby! Contact me with any concerns or questions.



LATOUR
DESIGN

latourdesign.net

NEWBORN