



# *Newborn Session*

PREP GUIDE

# Hello!



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## LET'S REMEMBER THIS MAGIC TIME

I'm so glad you chose me to photograph your precious new baby!

Your baby will only be a newborn for a few weeks, and so it is really special to record and remember the squishy goodness of these first few days.

This guide will address everything you need to know to make this newborn session a low-stress and enjoyable experience for you and your whole family.

I can't wait to showcase these magical newborn days for you!

*xx, Tracy*



# How to book

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## STEP 1

You're pregnant - congratulations! Get in touch to book your session at least 3 months before the due date to ensure you get a spot on my calendar. We will pencil in your session for around 5-12 after your due date.



## STEP 2

Stay in touch! Let's start a text conversation, and let me know if there are any pregnancy updates that will affect our session timing (early induction, adjusted due date, etc). Now is also a great time to have a maternity photo session!



## STEP 3

Put me on your "to be notified" text list and let me know when baby is born. We will then firm up the session date and time, or make changes if needed.





# How to prepare

## TIPS FOR A MAGICAL SESSION

### FOR BABY

The secret to being able to pose baby in a variety of setups is to have them sleep very deeply. While I will use my baby whispering power to lull baby to sleep at the studio, there are two things you can do to help facilitate a successful session:

1. A tired baby is a sleepy baby! Try to keep your baby awake 1-2 hours before the session (including on the car ride over). A soothing bath, and lots of talking/interacting are great ways to keep them awake but happy. Please don't stress about this if it's not possible, do what works best for you and your baby.
2. We will try to do a big feed when you get to the studio, Baby will be hungry and after that big feed, will fall right into a milk coma!

A suggestion (not requirement) that has worked for past clients is to pump some milk, or use formula, just for this session. A bottle is a quick way to give baby a top-up without having them go into full feeding mode when they smell mom.

### FOR PARENTS

Breastfeeding moms should avoid caffeine and spicy food the day before the session, as it can affect baby's tummy and ability to settle.

Parents should eat a good breakfast the morning of the session.

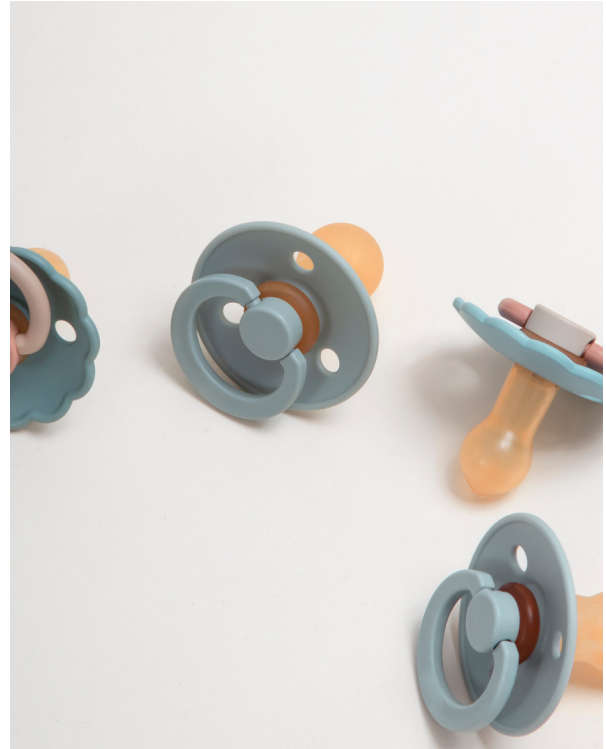


# What to bring

BUT DON'T WORRY, I HAVE EXTRAS!



- More milk than you think you'd need (if you're offering pumped milk or formula)
- A change of clothes for parents and siblings
- Your regular diaper bag with diapers, wipes, bum cream, a baby blanket and extra clothes for baby
- Snacks/drinks if you prefer something specific
- A book/phone/tablet (and chargers) to keep you busy
- A great attitude and willingness to go with the flow!



## A NOTE ABOUT PACIFIERS

If you are okay with it, bring a pacifier just for the session, even if your baby doesn't usually use one, and even if you have no plans on using it again.

A few seconds of sucking on a pacifier is a wonderful soothing mechanism for baby and helps keep them content and asleep during transitions between poses.



# What to wear

## KEEP IT SIMPLE

Family photos with a newborn are usually taken from the waist up, so there's no need for extensive wardrobe planning! A basic t-shirt or button-up for dads, and a flattering tank or shirt for moms are all that is needed. For organic, skin-to-skin photos with baby or wear a strapless top.

Your photos should look timeless and classic, so choose soft, neutral colors like cream, gray, beige, etc. . Avoid bright and neon colors, and make sure clothing has no logos, words or pictures that will draw attention away from your darling newborn.

Makeup should be light and natural, and everyone's nails clean and groomed.

For baby, avoid tight clothing like socks or pants that leave marks on the skin (put their diaper on loosely for this same reason). It also helps if you dress baby in a sleeper that doesn't need to go over their head - it will keep baby asleep when being undressed.







WHAT TO

# Expect

## TEMPERATURE

A warm room will ensure baby stays happy even when being posed without clothes. The studio will be HOT - around 20-22C - so wear layers you can take off.

## AMENITIES

The studio has everything you need to stay comfortable during your session, including a comfy chair, drinks, snacks, a changing table, and extra baby supplies like diapers, wipes and pacifiers.

## SESSION TIME

Sessions start at 10am, when babies are generally calmer and less cranky. But they are also unpredictable, so while sessions are typically 3-4 hours long, I've also had 90-minute sessions, and 5-hour sessions! We take as many breaks as baby needs for feeding, diaper changes and soothing.

## PEE + POOP

Relax, it happens ALL.THE.TIME! It is normal, and expected, for babies to pee and poop on the fabrics (and on me!). Everything is washed and sanitized after a session to be ready for the next baby.

## PROPS

I have a collection of headbands, wraps, buckets, bowls, and much more available, so no need to bring anything. Let me know if there's something specific of mine you'd like to use in your session.

# Siblings

BIG BROTHERS/SISTERS ALSO SHINE



If a sibling(s) will be joining us for the session, I will start the session with family and sibling photos. It isn't realistic to expect kids to wait quietly for several hours in a hot studio, so I ask that parents come in 2 cars, or make arrangements with family/friends, so siblings can be taken home (or maybe on a special excursion!) after the family photos are done.

I know that a photo of your newborn with their sibling(s) is a very special shot to get. I have many tricks up my sleeve to get that perfect pose for you, but please know that we are never guaranteed that siblings will cooperate, especially if they are still very little themselves. There may be times where a sibling photo is simply not a safe option.

If you think your child would respond to it, consider offering an incentive like a special treat or activity. It may be all that is needed to get that split-second of cooperation we need for a memorable shot!

# Safety First

ALWAYS. NO EXCEPTIONS.



The safety and comfort of your precious baby is always the number one priority. Getting a certain pose is never ever worth taking any risks.

I am trained in how to pose newborns safely, and I do not attempt any poses that are deemed unsafe. Some images are created using composites from different shots to ensure baby is never at risk.

I will ask a parent to be my spotter during poses so that there are always hands and eyes on your baby.

I also take great care to ensure all my props are safe and sanitary for your baby's delicate skin.

# After the session

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## SNEAK PEEK

1-2 days after your session, I will email you a little teaser image from our session so you can share the excitement from your session with your friends and family.



## THE BIG REVEAL

About 2 weeks after our session, I will present you with an online gallery of the best photos taken during our session. You will be able to make your digital selections from this gallery, depending on the package you chose.



## PRODUCT DELIVERY

2-3 weeks after placing your order for edits, I will deliver your gorgeous products via email in hi-resolution, ready for you to print and proudly display in your home.





# Frequently Asked

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## **WHY IS UNDER 17 DAYS OLD IDEAL?**

Your newborn sleeps deeply and is and very flexible in these first 2 weeks after birth, which gives us a better chance of getting those cute sleepy shots, and being able to pose baby in all sorts of curled up positions (just like they were in the womb!).

Although we can of course do newborn sessions with older babies, they are more likely to be awake during the session and may not be able or willing to bend into all poses, This would then be considered a life style shoot not a newborn shoot.

## **CAN I BRING FRIENDS/FAMILY ALONG?**

Being out and about with a newborn, especially if you're still recovering after birth, can be daunting for moms, so I always encourage bringing a support person like a partner, family member or friend to your session.

We want to create a calm, quiet, relaxed atmosphere in the studio that is conducive to baby sleeping deeply, so I do ask that this is limited to only one person in addition to mom. When there are too many people in the studio, it tends to become too noisy, and too crowded among all that equipment (which is a safety concern).

Siblings only stay for the family photos at the beginning of the session, so please arrange for your partner or family/friends to pick them up.

## **WHAT IF MY BABY WON'T SLEEP?**

That's OK!! Although a sleeping baby will result in the classic posed newborn photos you often see, there are no rules that say baby HAS to be asleep all the time.

What we ultimately want is a happy, content baby - asleep or awake!, If they are awake for the shoot, your gallery will be filled with intense stares, bright-eyed curiosity, and even some cross-eyed goofiness. I bet you will love looking into your baby's big eyes for years to come!

# One Last Thought

FROM ME TO YOU

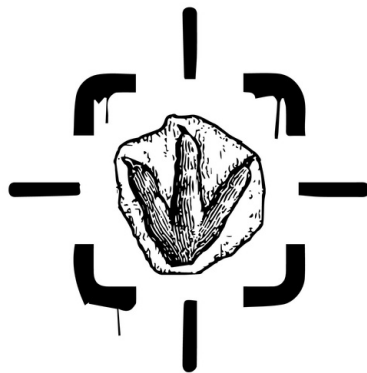


I know this is a stressful, sleep-deprived, and emotional time of your lives. You are in survival mode most of the time.

But as cliched as it sounds, these first few weeks with your newborn are truly fleeting. So try to take a deep breath, sit back and enjoy your baby's first photo shoot, and take it all in.

I can't wait to document this incredible time in your lives.

Let's get started!



**BADLANDS**  
photography





# Get in touch

☎ 403-827-1560

✉ [info@badlandsphotography.ca](mailto:info@badlandsphotography.ca)

🌐 [badlandsphotography.ca](http://badlandsphotography.ca)