



HONEY HEART PHOTOGRAPHY

# *Newborn Session Client Guide*



This guide is to help you prepare for your upcoming newborn session with Honey Heart Photography, and gives details on what to expect during your session, sleepy baby tips, what to wear, and other helpful information. The sleepy baby tips when followed will result in a successful session and gallery full of the most desired images of your sweet new baby.

*A sleepy baby makes for the most beautiful curled up portraits.*

## WHAT TO EXPECT

Your session will be set up so that when you arrive we can get started right away and make the most of our session time together. Your session will last approximately 3 hours which leaves plenty of time for feeding, soothing, posing and photographing. Some babies sleep sound for their whole session and we finish up quicker, and other babies may need a little longer so your session may run a little longer. Please come prepared to relax and take this time to rest.

I have a variety of props and outfits that I will use during your session, however, if you have a special outfit or item that you would like included in your photos, please bring them with you and we will try to work them into the session. Please do give me these at the beginning of the session so I can plan to use them as I go along. \*\*Please note that while I make every effort to accommodate client requests, no specific pose or prop is guaranteed.

Your baby will be posed “au naturel” using wraps, headbands, hats, etc. Some babies stir or fuss until they are moved into a pose or wrapped. Once posed or wrapped they usually settle because they love the secure feeling – it reminds them of being in your tummy. Some babies just prefer to be kept cozy and secure, so we may have to adjust our posing expectations by wrapping them and keeping them wrapped for the remainder of the session. If I sense that your baby needs you, I will bring baby to you to cuddle and soothe. An extra pair of hands is always nice for soothing, when needed.

With “au naturel” comes baby poop and pee! Yup, it’s a part of working with newborns. I fully expect your sweet baby to make a mess on me and my stuff. Don’t worry it’s all washable. Parents can be shocked by this and sometimes even embarrassed, but I’m here to let you know that it’s OK! You may even get peed and pooped on as well during parent photographs (or even diaper changes at home), so it’s a good idea to bring a change of clothes to your session.

Some parents who haven’t had custom newborn photography done before may worry about their newborn being exposed. I want to assure you that little bum pictures are as far as I go, and that any images which may contain any “baby bits” are destroyed.

I determine when parent photos are done based off how sleepy your baby is at the start of the session. If baby is sleeping deeply, I will get started right away posing baby and will do parent photos at the end. If baby is awake, fussing, or needs to be topped up, we may start with parent photos first and then focus the remaining session on posing of your baby. (If siblings are included, sibling and parent photos are always done first - see next note).

I do sibling photos at the start of the session, and ask that dad (or a relative) take the older siblings home or out to be entertained for the remainder of the session, so that we may focus the rest of the time on the baby. Children get bored easily and since newborn sessions can last hours at a time, they don’t do well sitting quietly for that length of time. We need a quiet, calm atmosphere and we need baby sleeping.

Please only bring those who are being photographed – dad, and siblings of the baby. The newborn session is really all about getting beautiful photos of the baby, not for visiting with or entertaining family during your session. The studio needs to be quiet and the session room is cozy enough just for parents and baby.

## HOW TO PREPARE FOR YOUR NEWBORN SESSION

A full baby is a happy and sleepy baby – and that's how we want them! Have baby well fed in the 12 hours leading up to your session. Feed baby before you arrive and top up if need be once you get here. While we know it's best to keep to a feeding schedule, please come to your session flexible on feeding. Baby may need to feed or top up during your session to sleep more soundly - and that is just fine ;)

Give your baby a warm bath the morning of your session. Baths help to stimulate and keep baby awake prior to their session, while also soothing them afterwards and making them sleepy for their session.

Bring baby dressed in a sleeper. Please no onesies or cute outfits where we will have to remove over baby's head as this is will disturb and wake your baby.

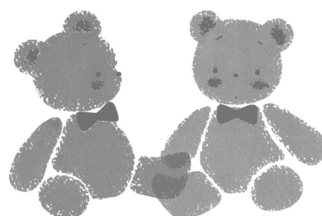
Please avoid your baby being held and passed around between family and friends the night before AND the day of your session. Your baby will be moved and posed by me plenty during your session, and we don't need an overstimulated baby before we even begin. An overstimulated baby won't settle the way we need them to, in order to achieve those dreamy and serene photographs. Family and friends will understand once they see your beautiful newborn portraits.

If you are breastfeeding, please avoid foods a couple days prior to your session that can give your baby an upset tummy. Not all breast fed newborns are affected by the foods you eat, but to be sure that your baby won't be, it's best to avoid them before your session. You can find a list of these foods online.

If you are bottle feeding, please bring enough to last several feedings. Bring what you think you may need, plus a couple more. Please have bottles already made.

Bring a soother, even if you don't intend to regularly give your baby one, as it will be used to soothe and calm your baby during the session. The quicker and easier it is to calm and soothe your baby, the more time to pose and photograph.

For sibling portraits, have the older sibling practice holding the baby safely each day prior to your session it may help them get used to holding the baby, and make photographing them easier. You may also want to get the older sibling excited by telling them ahead of time that they will be getting their photo taken with their new baby brother or sister. \*\*Please note sibling photos are always attempted, but may not always successful depending on the age, mood and cooperation of the older sibling. The above tips may help, but please be flexible with your expectations of sibling photos.



## WHAT TO WEAR

Neutral colours are always best when being photographed with your newborn. Whites, ivory and creams, or light and pale colours with soft tones create beautiful and timeless portraits.

I keep my studio as warm as possible and run a space heater for added warmth so your baby is comfortable. If heat bothers you please consider dressing in layers. Dressing for comfort is a good idea as well.

Mom: I have some wraps that you are welcome to wear for parents photos if you like.

Dad: If you are comfortable going shirtless and bearing your chest for a few photos, this can make for some very tender images with your new baby.

Mom and Dad: Dress in either a cream, black, white or any other neutral coloured top with jeans. Please no graphics or prints. Bring a change of clothes for both of you, in case baby has an accident.

Siblings: Dress in solid neutral colours. Boys can dress similar to dad. Girls can dress similar to mom, or in a solid neutral coloured dress. Please no graphics or prints. As a gentle reminder, don't forget to wash little faces and brush their hair.

## WHAT TO BRING

Bring extra diapers, wipes, gripe water, oval drops, burp cloths, receiving blankets, pacifier and an extra change of clothes for mom and dad.



## OTHER INFORMATION

Your newborn session takes place in my home studio, which is located in my fabulous basement ;) so if you happen to hear people walking around upstairs, don't be alarmed as it's just my husband and my kiddos :)

Please turn off the ringers on your cell phones. They can be disruptive to your sleeping baby and we want them sleeping sound. Also, please no other cameras or recording devices in use or in my studio.

Please help yourself to refreshments and snacks if you get hungry or thirsty. That is what they are there for :)

Feel free to use this time to sit back and relax, read a book, or watch and take it all in. I won't need much assistance, so take advantage of this time to rest or close your eyes if you need to.

## AFTER YOUR SESSION

Your gallery will be ready for viewing and ordering approximately 2 -3 weeks after your newborn session. I always make every effort to deliver your gallery as soon as possible after your session, but please note that it may take up to 3 weeks.



I am truly honoured to be able to document this incredible time in your lives with your new baby bundle. I look forward to our session together and getting to know you and your sweet baby.

If you have any questions at all, please feel free to get in touch with me!