

MONUMENTAL ARTS & PHOTOGRAPHY

My Top Ten Secrets

FOR A SUCCESSFUL NEWBORN SESSION



A guide for new parents



About My Newborn Sessions

I believe there is not a moment more magical than when a baby is born. It is an honor to be a part of capturing this amazing process and documenting one of the most incredibly special times in your life!

My job in photographing your newborn goes far beyond just snapping a few shots with a camera; I strive to capture a unique moment in time and all the amazing emotions along with it. It's my greatest hope that the photos from your session will become a family treasure.

I've put together this guide based on my 13 years of experience photographing newborns. I'm sharing some of my "tricks of the trade" to get those beautiful images everyone loves. I've included information on booking and timing, what to wear, how to prepare a room, how to get your baby ready, and more!

Of course, as we get closer to your due date and session I will reach out with more reminders and tips.

You are always welcome to contact me with questions!

Got more questions? Ask me anything at monumentalarts@outlook.com

1

Book your session 2-4 months in advance

As soon as your baby comes, it's going to be non-stop late nights and hard work (seriously, I've been there - I have a pre-school age son). Coordinating a photo session might seem like the last thing on your list of priorities. This is why I recommend booking your session at least 2-4 months in advance of your due date to make sure everything is lined up ahead of time and you don't have to worry or scramble for last-minute plans! Of course, this might not always be possible, but it's ideal.

2

Best before 30 days old

Once your baby is home safe and sound from the hospital, please contact me immediately to let me know the wonderful news (it's totally fine to have a helping friend / family member set things up too)! I will work closely with you to schedule a day and time that works for everyone. It's very important to remember and plan for the fact that newborns are best photographed under 4 weeks of age; the ideal timing is on or about 9-12 days after birth.



3

Prepare the day before

The day before your shoot, please do not schedule any vaccinations for your baby. I want that beautiful baby skin to be smooth and creamy, and sometimes shots can cause a minor skin reaction or leave a mark. Additionally, I recommend playing with your baby as much as possible and keeping them awake more than usual so they'll be tired out for photo day - which is what we need to get the best photos!

4

Getting that creamy, perfect skin

I can't stress enough how important it is not to use tight-fitting diapers, straps or elastic on your baby the day of the shoot! I've seen so many tight-fitting diapers and elastic outfits cause marks on baby's skin, and it all shows up right there on camera - and no amount of photoshop will help! Yikes! So the day of the shoot, avoid anything tight-fitting to make sure your baby's skin looks natural and beautiful for the photos.

5

Keep baby awake before the session

I highly recommend keeping your baby awake at least 90 minutes before our photo session! This helps baby stay sleepy and calm during the shoot, and increases the probability of getting those adorable, poised sleeping images everyone loves. The longer baby can stay awake before photos, the better!

6

Fed and changed beforehand

Have your baby fully fed and changed before the session. This increases chances of sleep and greatly decreases chances of fussiness! Everyone wins. Of course, we will take a break if needed for feeding and diaper changes during the session.



7

The perfect setting

Getting your room just right for our photoshoot is a big part of making the photos a huge success! I always recommend a newborn session at my studio, however, if we are photographing at your home or other location, I recommend the following:

- Turn up the heat! Temperatures should be 80*+
- Have a helper! A family member or friend can help significantly for your photo session
- Try to create a quiet and relaxing environment free from noise and distractions - but sometimes a fan or white noise maker can help your baby sleep soundly
- Be ready - everyone should be dressed and ready

8

A few moments alone with baby

For posed sessions, I ask that parents step back and watch while I pose and photograph your sleeping newborn. Parents are wonderful, but can be distracting for baby (and let's face it - sometimes for me, too!). I will call you in immediately if baby needs something or if I need assistance!

9

Parents should wear layers

We've turned up the heat for baby, but parents should be comfortable too! I always tell my clients to dress in layers during the shoot in case things get a little too warm. Being comfortable is key to beautiful, natural images!

10

Checklist of what to bring

Setting out things ahead of time helps things go more smoothly during the shoot. These are my top items to have handy during a shoot:

- Extra milk or formula
- Several changes of clothes
- Extra diapers
- Wet wipes and spit-up blankets
- Pacifier or other soothing item
- Snacks and drinks for mom
- Any special blankets, props, hats, or cute clothing!

