

SKP

NEWBORN SESSION GUIDE



www.sarahkataphotographync.com

IMPORTANT TIPS



Tidy Up

Throughout your session I will be shooting in areas of your home with good and even natural light. Typically this includes the baby's nursery, bedrooms, and living room area. I suggest making the beds and cleaning up any clutter that adds distracting elements into the backgrounds. After I arrive, I will have you show me around your home so that I can find the perfect spots for photos! Also, bump your heat up a few degrees. Babies love the warmer temperatures and fall asleep much more easily.

Wardrobe

Colors such as white, cream, gray, light pastels, and neutral tones photograph the best. I suggest avoiding heavy, dark patterns, and graphics. Choose something that you feel comfortable in as well! I will bring my collection of newborn props to use. This includes wraps, hats, headbands, and baskets. If you have any meaningful keepsake items that you'd like incorporated, please let me know and I would be happy to use them in some shots.



Prepare Your Little One

If possible, try and keep your baby awake as much as possible before I arrive. A quick feeding is perfect too! This will ensure that baby is extra sleepy with a full belly. It is completely normal if we need to take 1-2 feeding breaks and diaper changes. Newborn sessions can take anywhere from 2-3 hours long... we will go at the babies pace. It is also important to have extra diapers, wipes, a burp cloth, and a pacifier handy as well.



Lastly... have fun and relax!

I want your newborn session to be fun and relaxing for the whole family! With my lifestyle approach, I aim to capture those raw and candid moments between you and your precious new baby. If you have any ideas in particular that you would like to incorporate, just let me know. I'd love to customize the experience to fit you and your family perfectly.

See you and your little one oh so soon!