



MELISSA HAYES PHOTOGRAPHY

## Preparing for Your Newborn Session

Here are some things to do in order to ensure for a successful newborn session:

1. Interact with and try to keep baby awake as much as possible before your session to ensure he/she is good and sleepy for the session. It is important to keep him/her awake for 2 hours before the shoot. Without this, we spend too much time getting them to sleep and not as much time photographing them. If you need to give the baby a bath to help keep them awake or get them naked, those are some tricks to use.

2. Please make sure your little one has a full belly for the session. The baby needs to be fed as much as possible during the 12 hours that precedes the session. You are welcome to feed baby at the studio or just before you leave for the studio. If baby is formula fed please bring extra formula and bottles. If you are breast-feeding,

please bring bottle of pumped milk. Babies that are full will sleep better.

3. If nursing, try to avoid eating anything spicy (i.e. pizza, hot sauce, etc.) that might upset baby's tummy for 24 hours preceding your scheduled session.
4. Dress baby in loose fitting clothes to avoid any lines on skin – a simple button-up sleeper is best.
5. Bring a pacifier if he/she takes one. Even if he/she hasn't taken one, this will help sooth the baby. The short time we use it will not confuse the baby if you are breast-feeding.
6. The studio will be kept at 85 degrees to keep your little one warm while in their birthday suit, so I recommend dressing in layers so that you can remove some if you get too warm.
7. During the session sit back and relax. I won't need much assistance, so take advantage of this time to rest.
8. When you arrive please leave baby in their car seat when bringing him/her in the studio.

Newborn sessions generally take 1 ½ to 3 hours, so please plan for that. If Mom or Dad would like to participate in a few photos, please let me know. I recommend a black short sleeve shirt for Dad and a black tank or tube top for Mom. If Dad is comfortable bearing his chest for a few photos this can make for some very tender images. If you have older siblings that you would like included in photos we'll do those and family shots first. I suggest either bringing two cars so that Dad can take older sibling(s) back home after we are finished up with family shots or if you cannot bring two cars, have your husband take older sibling(s) out to lunch while we finish up.