



Brittany Brown Photography – Newborn Session Prep Guide

Pre-Session Planning Discussion

- If possible, schedule your newborn session 3-4 months in advance to secure your spot. I realize that not every baby cooperates with their due date, so I do try to leave room in the schedule for very early or late babies. You can also contact me if you're closer to your due date or if your newborn has just arrived to see if there are any last-minute openings.
- Once the baby has arrived, contact me within a day or two so I can get you on my schedule ASAP. The session is best completed at 5-10 days old. The younger the better in most cases.
- Please ensure that you have completed the Newborn Session Questionnaire that I have emailed you (with your Invoice). This is vital in preparing for your session and ensuring that we have discussed expectations.

Preparing for your Session

- Feed the baby within a half hour of our session. If you have a long commute, let me know and you can come early and feed the baby in my studio.
- Dress the baby in a zip-up or snap-up onesie/sleeper. Nothing that goes over the head.
- Dress comfortably and in layers. I keep the studio extra warm for these sessions for the baby's comfort, so you may get warm!
- To aid in achieving those beautiful sleepy baby shots, an idea is to interact/stimulate your baby before the session in an effort to tire them out for their arrival.
- Breastfeeding Moms – Starting about 48 hours before your session, it's important to eliminate foods and drinks that can upset the babies tummy. This can help with less spitting up, gas, diarrhea and discomfort. It's recommended to avoid citrus and acidic foods and especially caffeine.
- In the 10-12 hours prior to your session, it's best to feed your baby as much as they will take. This will help ensure they are sleepy and comfortable. They will wake less to feed if they are full.
- Although the baby's skin may be dry and flakey, please avoid any lotions or creams that leave a greasy sheen. A water-based lotion applied in advance should be fine. Aquaphor, Vaseline and like products should be avoided at all costs, except for diaper rash.

What to Bring

- Pacifier, even if you don't think your baby may be interested.
- Additional diapers & wipes – I do have Pampers Swaddlers (N) on hand, if that is your preference. You're welcome to use them!
- Additional bottles or being prepared to breastfeed
- If we are doing parent shots, it is best to *both* wear solid black t-shirts/blouse. It photographs well and looks amazing in black & white prints. You may also want to bring a second set of clothes for yourself as well in case there are any accidents.
 - This also applies if we are doing Sibling shots.
- If you have special must-have items that you want to use during our session. (Please let me know in advance, so I can prepare for this)
- Feel free to bring snacks and drinks to keep your belly full. *See Studio Policies below for details

What to Expect During the Session

- Expect to be in my studio for about 1-1/2 to 2 hours.
- Babies are photographed in wraps or in the nude most of the time. No need to bring any clothes or outfits for baby.
- I have a great selection of wraps, headbands, hats, baskets, props & more. You do not need to bring a single thing like that.
- **Although I may ask for a hand with your baby between sets or if appearing to be hungry, I ask that you sit back and relax on my sofa. This is very important for your child's safety, as I will be moving around taking shots. If you are hovering over me, we both run the risk of tripping and falling on the baby or potentially missing an important shot.**
 - **Additionally, the closer Mom is, the baby may smell her and this can trigger the need to eat more often or stay awake unnecessarily. A settled baby will result in the best photos!**
- **If you are bringing siblings, I suggest that you and your partner or a relative/friend bring two vehicles. We will do those shots first and then the siblings can be taken home. It can be too much for children to sit still in a studio for 2 hours, all while we are trying to keep the newborn baby asleep and calm. Additionally, my studio is not very large and additional people can be very distracting.**
- Essentially, the baby will run the show. If he/she is fussy, it is important to remain calm and not allow any reactions to affect the baby. I will make every effort to calm the baby myself and only ask for your help if nothing is working. Otherwise, please sit back and relax. I have plenty of experience with this and patience is key! This is why we allow so much time for these sessions.
- Safety is my priority, so I will never force any pose that the baby or parent is uncomfortable with.

After the Session

- When the session is complete, if the balance owed has not been paid for up front, it will be due before leaving.
- Image processing and editing is generally completed within 2 weeks. I will send you a link to the gallery as soon as they are available.
 - I will typically post a sneak peek the same day or next day on my Facebook page. Facebook has very odd policies and typically will not allow me to tag you in the photos. I apologize for that, so please keep an eye on the page for new posts. You can then tag yourself in the photos from there. www.facebook.com/brittanybrownphoto

Studio Information and Policies

- Photographs are not permitted during the session.
- If you are bringing any snacks or drinks, please ensure the drinks have sealed/leakproof tops to prevent spillage.
- If you are bringing additional children and do not have an option to take them home after their portion of the session is complete, please bring along a quiet form of entertainment for them. As noted above, my studio is not large and only has seating for 2 on the sofa. There are also safety hazards for small children who are exploring the studio.