

SHEENA GRIFFIN

*Photography*



NEW BORN SESSIONS

WHAT TO EXPECT

SHEENA GRIFFIN PHOTOGRAPHY

# HELLO & WELCOME

Newborn sessions are my joy. Those sweet brand new little angles are my muse and photographing them simply and genuinely makes my day. I spend some time every day learning to perfect my craft. Hopefully this little guide will help you to prepare for your baby's session and help answer any questions or concerns you may have.





BEFORE  
YOUR SESSION



## When to schedule a session

Newborn sessions are designed for babies 14 days and younger. The best day to photograph your little one is from day five to day ten. During this time newborns tend to be sleepier and retain that fresh newborn curl. After 14 days, newborns tend to develop things like colic and baby acne, they also tend to be more alert and stay awake longer. I will set your newborn session on a temporary date (usually your due date + 7 days). Once you have given birth, simply give me a call, we will select and solidify a date for your newborn session within the first 5-10 days.



## Your Consultation

When we schedule your session, we will have a consultation over the phone or in person to discuss what you are looking for. Do you want only pictures of the baby? Are you more interested in your infant being photographed with family than in some of my props? Are there specific poses you are looking for? For example, do you want your infant to be photographed with props that you will bring from home? Are you bringing siblings? Will Dad be there? Do you want some skin on skin shots? All of these questions will help me to build a session that is a perfect fit for you.

## Feeding the baby

Please do not feed your infant before coming to see me. I will give you space and time to feed the baby and sooth your newborn to sleep once you arrive. The reason this works best is that if you feed your baby before you come they will start their sleep cycle a little too early. Our studio is kept at 26 degrees to ensure that your newborn is warm and comfortable.



## Sessions in your home

If the session is taking place at your home, ensure that your heat is turned up to 26 degrees before I arrive. Start nursing baby 30 minutes before my arrival, without any clothes, just a diaper and then remove some of the layers of blanket so as to keep them awake and feeding longer.



## What to bring with you

Spare tops for both parents as babies do pee/poop and accidents happen. Please bring a pacifier/soother, if you have one, as they help to get babies to sleep and soothe them. Even if you don't regularly use one or wish to continue using one they can really help during the session. If you don't have one I always have a supply of new pacifiers in the studio.

The only other thing to bring with you is your regular changing bag with nappies/wipes/bottles (if using) etc.

## Props Galore

We have a nice collection of bowls, baskets, blankets, knit hats and headbands that we'll have available at your session. You are also, of course, welcome to use any of your own props. Look for items with texture and color to help make your images unique. If you have any family heirlooms, toys, hats, props, etc. that you would like me to use in your session, please gather them before we arrive. We may not get the chance to use ALL of the items, but we'll look through them with you to determine what will work best. We also strongly recommend that you discuss any ideas, props or poses you have in mind at least a week prior to your session.



## What To Wear For Parents

I know! You just had a baby and aren't feeling your best. But we think this is the perfect time to pamper yourself! Go have your hair + makeup done (or better yet, have someone come to you!), schedule a massage or have your nails done. Looking super relaxed and at your best will make you feel more comfortable during the session. This is an exciting time in your life and we want to capture all of that...so take care of yourself first! And feel free to tell your husband or partners that we're making you if they need a little convincing! As far as clothing? Keep it simple. Throw in a little color if you'd like, but skip the busy patterns. (And please don't feel the need to match everyone in white shirts and jeans – there's simple... and then there's boring!) For mums, we suggest cotton knit camis and knit tops or a plain blouse or shirt. For Dad a non patterned shirt that compliments mum's.



DURING YOUR SESSION



## Relax, be calm & enjoy the moment

Once you arrive I will give you some time in my studio to feed and sooth your baby. As soon as baby is happy and sleepy we can get started.

During your session, I will pose and handle your baby with the utmost care. There is no need to worry if you are not feeling 100% yet. I will soothe, swaddle and ensure baby is kept happy.

If the baby is really wide awake and does not want to sleep, I will swaddle the baby to get some photos, and use the parents as a prop, holding the baby over the shoulder or in your arms. A fussy baby almost always settles down when held by mom or dad. I encourage all of my parents to take part in the session. I love capturing relational type photos with mums, dads and siblings.

I usually start my sessions by taking some portraits of your baby on a beanbag. I am looking for some great body shots and capturing some of baby's bits and pieces like her hands and feet. After that we will move on to some relationship poses. I will get my pictures with Mum, Dad and Siblings at this time. Once we have these more important poses under our belt, I will move on to photographing your newborn in the props that you have chosen.



Your newborn session will last approximately 3 hours long. This ensures we have enough time to pose and take whatever breaks necessary such as feedings. You are more than welcome to bring along a few snacks or entertaining items such as a book or an iPad.

No outside cameras, videos or mobile phone cameras are allowed to be used during the session. Before you leave, I will ask you if you are happy to sign a model release. This allows me to use your images in print and digital marketing materials.





AFTER  
YOUR SESSION



## Now comes the best part ...

Now you can go home and relax and dream about all the beautiful images that will soon be yours.

I go through the images from your session and select the best. I am looking for the cream of the crop. I usually narrow it down to 30 - 40 images. Once I have the "final cut" selected I go through each individual picture. I look to correct any blemishes. Tiny details like baby acne or hairs on shirts once corrected can make all the difference in an image!

Your images will be ready for within three weeks.

Once your images are ready I will invite you back to the studio for your viewing session. This is one of my favourite parts of the process as I love to see Mum and Dads reactions to the images we have created!

At this session you will choose your wall art, prints, albums or any additional items you may wish. I will discuss all of the options with you and help you select the right images and the right products to suit your needs.





Should you have any  
questions or concerns please do

# GET IN TOUCH

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