

# PREPARING FOR YOUR *Newborn Session*

## THINK ABOUT OUTFITS

As this is a lifestyle session it's all about being relaxed in your own home, so wear what feels comfortable. Natural colours such as creams, greys and soft greens tend to work well. Not sure what to choose? Feel free to take some photos of your options and send them over, I'm happy to advise!

For baby, I like to take some pictures in just a nappy, some in a plain vest and some with a loose wrap (I'll bring a selection of colours). If you have a favourite outfit or any sentimental items you'd like to include, that's perfect too!

## WARM IT UP

For some parts of the session baby will be just in a nappy or loosely wrapped and will need to feel nice and warm to keep them comfy and content. Pop the heating on for an hour or so before the session and keep baby wrapped up and cosy until we start.

## FULL TUMMY, CLEAN BOTTOM

Aim to feed and change baby shortly before your session is due to start so they are content and comfortable. Don't worry if baby gets hungry or needs changing during the session, we have plenty of time to allow for extra feeds and nappy changes.

## HAVE A QUICK TIDY

Please don't feel that your home needs to be pristine, newborn life means mess and that's absolutely fine! Just a quick tidy around the main areas we are likely to photograph in (usually master bedroom, nursery or living room) to remove any clutter is more than enough.

Think making the bed, clearing bedside tables and opening any curtains and blinds to let in all that lovely, natural light.

## RELAX AND ENJOY YOUR SESSION

My sessions are designed to be laid-back and to fit around your real newborn life. I don't use any forced posing, I encourage lots of snuggles and let baby lead in terms of how they are feeling on the day. So just relax with your precious new baby and I'll capture those special moments for you!

