

# Preparing for your NEWBORN SESSION



- *Sleepy?* Most of the images I'll be shooting work best if the baby is in a deep sleep. To encourage this, I recommend that you do whatever it takes to make sure baby is nice and exhausted. I highly recommend starting your day with tummy time and a nice bath followed by lotioning up that dry baby skin
- *Hungry?* A well fed baby is a happy baby! Please feed and burp baby right before you leave for your Session to ensure a happy, sleepy ("milk drunk") baby. We want baby full and happy. I'll also be more than happy to take as many breaks as needed.
- *What to wear?* I know you just had a baby and aren't feeling your best. But I think this is the perfect time to pamper yourself! Go have your hair + makeup done, schedule a massage or have your nails done. Looking super relaxed and at your best will make you feel more comfortable during the session. As far as clothing? Keep it simple. Neutrals are great! Throw in a little color if you'd like, but skip the busy patterns. Steer clear of logos and patterns! Compliment each other but do not match. Keep clothes loose and non constricting.
- *Most importantly remember this is a special day and try to relax!*  
I can't wait to meet your new little nugget!
- Here is a Sample Timeline:
  - 8:30 Tummy time, unbundle your baby and place them on their stomach on a blanket, talk to and play with you baby!!! Let's get them good and sleepy
  - 8:50 A Bath this keeps them awake a little longer and gets them nice and clean for their photos, lotion them up good after their tub as baby skin tends to get dry.
  - 9:15 A good feed. Keep them in just a diaper so that they stay awake enough to really fuel up. Next, get a good burp! If you are nursing please look over the foods to avoid prior to your photo session to avoid bringing in a gassy baby. This information can be found on my website under the newborn tab ([tlclovephotography.com](http://tlclovephotography.com))
  - Once baby is good and full put them in a simple zipper or button-down jammie with no onesie or anything that will need to be pulled over their head when you arrive.
  - 9:45 head on out to TLC Photography 25 E Main St. Warner NH

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