



KHaine

photography

CREATING MEMORIES CAPTURED TO LAST

## Newborn Session Information Packet



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# WELCOME

It is a privilege and honour to be able to capture some of the most valuable memories of your little one. As a mother myself, I truly understand how precious and delicate your new baby is. Your newborn's safety is my number one priority during your session. Please be rest assured, that I would never do anything to put your baby in any kind of danger or harmful situation.

I prefer to photograph your baby in their birthday suit, as I believe it is the most natural and elegant way to capture those first precious weeks. I have a selection of hats, headbands, baskets and backdrops to work with, to enable us to get that 'Ahhhh picture'. I will wherever possible show you an example of the images I am trying to capture to help you understand the goal.

It is very important to me that you and your baby enjoys this experience, and that it not stressful for you, after all if you are stressed it is likely your baby will be too... and that rarely makes for a good pictures. If at any stage during the shoot you feel uncomfortable, please let me know straight away.

Don't worry if you baby poops or wee's during the session all my equipment will either wipe down or go in the washing machine, so please don't worry about these little mishaps, it's bound to happen when we shoot them in their birthday suit's. Having had two little ones myself I am more than used to being the target of such affections. I clean and sanitize all fabrics before each session.

## TIMING OF THE SESSION

The best time to photograph a newborn is within the first two weeks after being born, ideally best between 6 to 10 days old. This is the time that they are at their sleepest making it easier to position and move them into those oh so cute baby poses.

A new-born session will usually last anywhere between 2-3 hours. This allows time for feeding the baby and any necessary breaks. A clam baby takes a wonderful picture, so we need to ensure they are as comfortable as possible. Sometimes it can take several minutes to soothe your baby or get them into the pose that I am looking for.

The morning time is the best time to schedule a newborn session since this is the time of day that most babies are happiest. We'll discuss a more definite time once we set a date. Please try to make keep to your scheduled time, but I understand that it's hard with a newborn and getting into a new routine.

## BEFORE YOUR SESSION

I have a few helpful tips that will ensure that your session will go smoothly and you will have a happy photogenic baby. If possible, try to keep baby awake 1-2 hours before the session. I appreciate this can be difficult with a car journey, my two used to drop off as soon as the car started moving! Giving them a bath before you arrive helps, as it nicely stimulates them, and prepares them for a peaceful sleep.

I also recommend your newborn having a nice full belly for their session. If possible, time the feedings so that baby can eat right before the session (at session location). Breast-feeding mummies should try to avoid any spicy or acidic juices and foods. This can make your baby's tummy feel uncomfortable and they won't sleep very soundly. Just remember, a sleepy and full baby is a happy baby.

Be sure to dress baby in comfortable loose fitting clothes. Any tight clothing will leave marks and indentations on their skin.

## WHAT TO BRING

Here is a list of items that I suggest bringing to your session:

- Any special blankets, hats, props
- Extra formula (bottle fed babies)
- Dummy (if being used)
- Extra outfit for baby
- Extra nappies and wipes / cotton wool.

## DURING THE SESSION / WHAT TO EXPECT

Sometimes it can take several minutes for me to calm or soothe a baby into that restful sleep state. Please be patient and know that this is very normal. It's also normal for them to cry for time to time, I will always try to sooth them in the first instance; if this fails it's normally a sign to have a break.

As I mentioned earlier I prefer to take photos of your baby in their birthday suit so it is important that we have an environment that is warm, newborns are not too happy when their tiny bodies get cold. This warmth can become a bit more than warm for us adults, so be sure to wear comfortable or thin clothing, but don't bring the picnic hamper, I will have refreshments available for you to enjoy.

I also request that you have as few people present at the session as possible. Usually mum and dad or mom and a grandparent are best. Too much noise and excitement unsettles the baby making it more difficult to soothe and relax them.

During the shoot I will play White Noise combined with soft music which to us adults can be a little bit monotonous, but it works really well to calm the little ones, it's something I wish I knew about when my two were small! For the majority of babies it settles them really quickly (reminds them on the womb), I also perfume the studio with a subtle smell of lavender, which also helps calm the baby.

This session should be a time for you to relax and watch the memories of your precious baby being made. I can assure you that your baby will be in good hands and your photos will come out amazing!

If for any reason you are not comfortable with the above please inform me before the shoot and I will ensure I accommodate your requirements.

I'm looking forward to meeting your new little bundle of joy! Please do not hesitate to contact me with any questions or concerns that you might have.



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