



macardi images

## newborn photoshoot preparation guide

before the photoshoot.

baby.

please feed the baby 2-3 hours before the scheduled shoot and plan to feed him/her as soon as I arrive! Also, please do not let your baby sleep after that feeding. Try giving your baby a bath, tickling their feet, anything to keep them awake! Do not dress them, keep them in their diaper (use blankets if baby needs to keep warm). Let them fuss a little for a few hours beforehand to ensure we get those squishy, sleepy newborn pictures!

keeping them awake is the difference between the perfect shot and doing the best we can with a fussy baby : / Its easy for them to want to stay awake since they will be unclothed and unswaddled!

home.

please turn the heating on (I know, I know... but this is a must for your baby to be groggy and relaxed/ pliable even naked) . I will be bringing a small space heater but if you have one, then you don't need the temperature of the whole house to be hot.

time.

sessions last between 2-3 hours, depending on if baby is a light sleeper and/or hungry. Keep the hospital pacifier close by in case we need it in between feedings.

you.

it will be hot and I will be dressed accordingly for comfort. I recommend you do the same. I also prepare by making sure I have eaten well before the shoot, please do the same to sustain energy.

I will most likely shoot you modestly nursing or holding your baby, so keep that in mind for hair and makeup. Having said that, the best result are often fresh and natural, so keep it simple.

this time with your baby will be such a haze years from now  
but these pictures will be ones you will treasure, so I am  
thankful that I have the opportunity to be the one to capture  
them.