



Newborn Session Preparation Guide

This guide is meant to be helpful—not stressful. Newborns are unpredictable, and that’s completely okay. Please do your best with this checklist, and I’ll take care of the rest.

Before Your Session

Sleepy babies photograph best. Most newborns have a 60–90 minute awake window. If possible, keep your baby awake just before the session so we can begin at the start of a sleep cycle. Gentle stimulation during the car ride can help. Please do not force wakefulness—an overtired baby is harder to settle.

Feeding: Plan to feed your baby upon arrival. A full belly often leads to a deeper, more settled sleep.

Breastfeeding parents: If possible, avoid large amounts of gas-producing foods for 12 hours before your session, including dairy, spicy foods, onions, citrus, broccoli, asparagus, and highly processed foods.

Caffeine: Moderate caffeine is fine, but avoid excess before your session. Coffee, tea, and water are available in the studio.

What to Wear

Choose neutral, close-fitting tops for parents and siblings. Avoid logos, bold patterns, or bright colours. Simple, timeless clothing keeps the focus on your connection and your baby.

What to Bring

- Pacifier (even if rarely used)
 - Food for baby (sessions last 1–2 hours)
 - Nursing pillow if you use one regularly
 - Snacks and drinks for yourself
 - Patience and smiles — this is a special season worth preserving
- Water, coffee, and tea are provided in the studio.