



In Studio Newborn Prep Guide

For your session with Sarah Siler Photography

- session preparation -

Hello! Thank you so much for choosing me to document these special family moments in the first few weeks of your baby's life. It is a deep passion of mine to work with these sweet babies and their families. I consider myself so lucky to be around so many cute little faces all the time! My goal is for our time together to be comfortable and an amazing experience for your family. Take a peek through this guide for easy to follow instructions to prepare for our session.

Studio Address:

3306 Mackinac Ct. Muscatine Iowa, 52761



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How to Prepare



* Interact with and try to keep baby awake as much as possible before your session to ensure he/she is good and sleepy for the session. It is important to keep him/her awake for 1 hour before the shoot. Without this, we spend too much time getting them to sleep and not as much time photographing them. If you need to give the baby a bath to help keep them awake or get them naked, those are some tricks to use. Also, the baby needs to be fed as much as possible during the 12 hours that precedes the session. This will allow for baby to sleep as deeply and as long as possible.

* Please make sure your little one has a full belly for the session. I recommend feeding baby at home just before you leave for my studio. If baby is formula fed please bring extra formula and bottles.

* Dress baby in loose fitting clothes to avoid any lines on skin. A simple button-up sleeper is best. Once in the studio baby's clothing will be removed and baby will not be photographed in clothes.



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- * Bring a pacifier even if your little one does not take one (this is a great soothing mechanism and can cut you session time down by half!
- * The studio will be kept warm to keep your little one warm while in their birthday suit, so I recommend dressing in layers so that you can remove some if you get too warm.
- * During the session sit back and relax. I won't need much assistance, so take advantage of this time to rest. Bring a book or a magazine, I pad, and or laptop to enjoy and relax during your session time!
- * When you arrive please leave baby in their car seat when bringing him/her in the studio.
- * If you have any color requests to be incorporated into your session, please let sarah know 48 hours ahead of time so I can be sure to pull those colors when setting your session up.



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Parents:



If you booked the Newborn Family Package, I recommend a neutral color palette (creams, grays, whites, etc). Tank tops for moms photograph great as well. You can pick and choose out of your current closet at home. Much of the family photos will be you connecting with your baby and not looking directly at the camera. I promise this part will be easy!

Moms, I know that after having a baby you may not feel your prettiest. I promise you will absolutely treasure being in the photos with your new baby. I recommend either no nail polish, or a subtle color.

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Siblings:

I recommend a neutral palette for clothing (creams, grays, soft colors). For girls, typically a dress or leggings/tank top look great. For boys, typically a white t-shirt and jeans or jeans and no shirt look great. Outfits should be casual and not too dressy.

I always start with family/sibling shots to ensure that I get big bro/sis at their max happiness. Once their portion of the session is over, I recommend that you bring some fun things from home for entertainment. iPad, colors, books, snacks, etc. What has worked for many of my clients, is to bring an extra family member with you and they can take them home after their portion is over - whatever works best for your family!

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what to bring

- Baby essentials (diaper bag)
- Snacks
- Change of clothes if needed
- Paci
- Baby boys: Circumcision care items
- Siblings: special food items/entertainment

Props: I provide all of my own props. As my style shows, your beautiful baby is the main focus in my photos. If you would like to bring a special item, I simply ask that you limit it to 1-2 things.