

COFFEE CREEKSTUDIO

# NEWBORN WORKFLOW





## HELLO & WELCOME



Thank you so much for purchasing my newborn session workflow guide! I'm so excited to help you grow as a photographer and show you what works best for me. I'm a self-taught newborn photographer and I've been photographing newborns since 2008 and have tried every combination possible. What I'm showing you here is what works best for me and my clients. This guide is not all-inclusive of everything you would need to know as a newborn photographer, it is simply a guide to help you with a great workflow for your sessions with some tips along the way. I have found that using this workflow saves me time and my sessions flow smoothly.

If you are a beginning newborn photographer I **STRONGLY** encourage you to mentor with another newborn photographer. I offer newborn workshops in-person as well as an online workshop. Whether it is with me or another photographer, investing in your knowledge will help you succeed much faster and help you learn about important aspects of newborn photography like safety and lighting. You can pose a baby perfectly all day long but without the rest of the equation you will struggle to have your photos look the way you want. Trust me...I learned that the hard way! This posing guide is included in my complete online newborn workshop, but I decided to also offer it alone for those who are already comfortable with the basics of newborn photography. If after purchasing this guide you decide you would like to purchase the whole workshop, please contact me for a discount code since you already purchased this separately!

Thanks again and I hope you love this posing guide!



# FAMILY POSING



I pose the baby with Mom/one parent first. I usually have them look down like this photo and I also have them look at the camera for another photo. Sometimes I will have them give the baby a little kiss! Similar posing can be used with the baby wrapped too, and wrapped babies are usually easier to pose!



After photos with the first parent, I bring the other parent into the picture! I usually do a photo of them looking at the baby and then looking at the camera. I also love to have one parent give the other one a kiss on the forehead !



This is a great time to bring in siblings! You can leave the baby in the same position or change the way the way the baby is held, like in the next pose. I again do photos of them looking at the baby (because those are my favorite) and then all of them looking at me!

After the family photos, I switch the baby over to the other parent. This pose is also wonderful for family photos with one parent holding the baby this way. I have also found that this pose works well with parents who have shorter arms and big babies. I have the parent look down, look at the camera, and then kiss the baby!



I then bring the other parent in for another photo of the three of them. I have them look at each other, look at the baby, and look at the camera! You can even have them kiss each other!



After I've posed the baby with parents and have finished the family photos, I move to the flokati for sibling photos. I find it works best to have them laying down vs. a sibling holding a newborn. Siblings usually aren't old enough to support the baby well. I have siblings look at me and then look at the baby (noticing a theme? haha), and maybe even give the baby kisses or tell him/her a secret!





## THE FROGGY POSE



This is the first pose in my beanbag workflow sequence. I start with this pose after family posing or first if we don't do family photos. I find it easier to do at the beginning while the baby is hopefully nice and sleepy, rather than at the end when he/she may be starting to wake up. This pose should ALWAYS be a composite and should only be attempted once you have been trained on this pose and how to do it safely and as a composite. If you don't know how to do this pose yet, you can always start with the next pose and have a similar effect!

### **TIPS:**

- ~ Shoot from above and down the baby's nose rather than straight-on
- ~ Try to keep the wrists together, with the elbows forward and feet right behind the elbows.
- ~ Keep the baby's face resting on the hands to keep them in place.
- ~ Keep those fingers straight and make sure all of the toes are showing!



## FALLING FROGGY

After the Froggy pose, I lay baby over on his/her side while still keeping the hands in place. You would be surprised how many parents prefer this pose! You can either leave the legs as they are or bring the baby's right leg under and on top of the other foot. If you're not comfortable with the froggy pose, this is a great place to start!



## WOMB POSE

Because baby's legs are already up close to their head, I then transition them into the womb pose. Some babies, especially bigger and older babies, won't tolerate this pose. NEVER force a baby into a pose. If they aren't having it...move on! I also love to incorporate a wrap with this pose. With a wrap, just tuck the wrap around the baby, bringing the edge of the wrap around the baby's arm and tucking it in. I love that it's a completely different look without having to move the baby. Change that hat or headband too!

### TIPS:

- ~ Curl baby up in your hands while positioning them, never pulling on their toes/feet.
- ~ "Scoop" the baby into position and to reposition to help curl them up
  - ~ Try to get the wrist over the top of the feet
  - ~ Place the back foot on top of the front foot
  - ~ Try to just have toes showing and not the whole foot



## BUM - UP



If you want to change your backdrop blanket, between the womb pose and the bum-up pose is a great time! I typically wait until after this pose because I try to only use 3 colors of backdrops for my beanbag posing, but if you want to add another color or need to change, it's a great time! I love maximizing the bum-up pose by getting close-ups and adding a wrap. You can also change hats and headbands for a completely different look. I also like to get a closeup of those adorable back wrinkles!!

### TIPS :

- ~ Make sure the baby's knee and elbow are together
- ~ Tuck the back foot behind the knee of the front foot
- ~ Make sure only the toes show through, not the entire foot
- ~ Tuck the baby's hand under his/her chin rather than up on the cheek/face.
- ~ Make sure no "parts" are showing. It helps to shoot down the baby's face and body rather than straight-on.



## SIDE LAYING

I usually change my backdrop before this pose because it requires a little more movement of the baby so it's a great time to do it if you haven't already! This pose can be a bit tricky but parents love the simplicity of it and it showcases the baby's sweet face! Make sure to take advantage of different angles and add a wrap if you want!

### TIPS:

- ~ Keep baby as curled up as possible so he/she doesn't look really long and stretched out
- ~ The trick to this pose is to keep the baby's face forward and the bum/legs back
- ~ Make sure the baby's palms are touching with the thumbs out and not tucked in



## CHIN - UP



From the side-laying pose, rotate the baby onto his/her belly, bring the elbows out, and place the fingers on top of each other. Then you will place the baby's chin onto the hands/fingers to keep them in place. Before moving the legs, you can grab a side-view of this pose and then move the knees out to each side of the baby with the feet curled under his/her bottom. I also love to tuck a wrap around the baby and fluff it to the sides for another look!

### TIPS:

- ~ The arms are not on top of each other, just the fingers
- ~ The baby's head will have to be higher than his/her bottom, and the elbows will usually need to be elevated

# THE BUCKET POSE

From the chin-up pose, I move to the baby to the first prop setup which I already have setup ahead of time. Leave the baby in the exact same position they are in on the beanbag and scoop them up in your hands, hold them securely, and place them in the prop. I find buckets easiest because the edge helps support their elbows, however you can also use other props with this same position. ALWAYS place a weight in the bottom of buckets and props that could tip and always use a spotter. I love to do the regular chin-up pose in the prop, and then sneak their arm out and drop it down for a different look. If you prefer to put a diaper on in props you can and just tuck a wrap around their bottom.

## TIPS :

- ~ Baby's bottom half is much lower than the top
- ~ If you have to move your light or anything, never leave a baby unattended in a prop or on the beanbag
- ~ Shoot from above and down on the baby rather than straight-on
- ~ Pay attention to which way the baby's head tilts in relation to your light
- ~ Try not to use stuffers that are too "furry" because I find it difficult to see their fingers and keep the fur out of their face





## BUM - UP PROP POSING

For a second prop pose, I then move baby into another prop and place them on their belly. This pose is very similar to the “bum-up” pose we did earlier. The baby may need posing variations depending on the prop. ALWAYS use a spotter! When baby is posed like this in a prop, I have them posed and tilted in a way they would not roll out of a prop but a spotter is still a must.

### TIPS :

- ~ In general, baby’s face is further forward than their bottom
- ~ Never leave the baby unattended
- ~ Shoot from above and down on the baby rather than straight-on
- ~ Pay attention to which way the baby’s head is in relation to your light
- ~ Each prop is different, but in general, baby is posed almost on top of the prop rather than down in it.
- ~ Make sure no bits are showing, always!





## BACK POSING IN A PROP

I don't always do a third prop setup but if I do, I pose them on their back at this point. I love the variations that can be done with this pose...they can be simply baby, or wrapped, or in an outfit. You can also use different types of lighting for different effects! When I have the baby on their back, either in a prop or on the beanbag, that is when I incorporate all of their macro detail photos. I have found it is the best position and lighting to incorporate all of their details without having to move them much.

### TIPS :

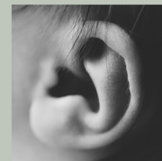
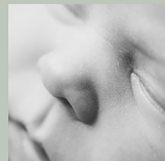
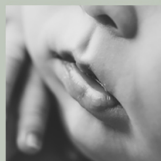
- ~ Make sure the bowl/prop is the proper size for the baby
- ~ Make sure the baby is centered in the prop or it will be more obvious in this type of pose
- ~ Make sure baby's bottom is lower than their head and try to curl them up as much as possible
- ~ Never pose a baby with their neck bent straight down and their chin touching their chest as it can cause positional asphyxiation. Tilt their head and use posers or their hands to keep their airway open.
- ~ This is a GREAT pose/prop for beginning photographers



## BACK & NATURAL POSING



After my prop posing, I either go into my “potato sack workflow” or go right into this posing on the beanbag. I will talk more about that potato sack workflow and when to use it in a minute. This is my FAVORITE part of the session... not just because it’s at the end haha, but because they’re so simple and beautiful and focus on the baby. I don’t always get away with these photos depending on how the session has gone but I always hope to. Parents love these photos! If they start to wake up, get photos of them awake! I love to pose them on their back in a wrap because I like the look and it is easier but you can certainly do it without a wrap. Once I get the “wrapped” photos, then I like to do some baby-led posing with their arms in more relaxed and natural positions. Grab those macro photos if you didn’t already!



### TIPS :

- ~ Curl the baby up as much as possible
- ~ Wrap snugly and then “peel” the wrap back
- ~ Keep those “bits” covered. Easier to fix it now than later!
- ~ Shoot from above and down the baby’s face
- ~ If you use a wrap, flow it away from the baby, rather than towards them

In a perfect newborn session world, that would be the end!  
BUT WHAT IF THIS HAPPENS ...



Don't panic! An awake baby is OK! Grab those awake photos (because parents eat them up). Let them wear themselves out. If a baby isn't tired, you're fighting a losing battle! Once they're tired and fed, you can try to get into posing but if it isn't working...move onto this potato sack workflow which I teach during my newborn workshops. It is a great way to fill a gallery and hopefully end up with a sleepy baby. If I already have a "perfect" baby for a session, I will incorporate this workflow before my natural/back posing at the end. Don't like the potato sack? Then just skip it all together!

This is the end of my newborn session workflow! Just remember, this is a guide and every baby is different. Even if they're not posed "perfectly" in your eyes, they will be perfect in the eyes of the parents.



