

## Parent Prep Instructions

- **Please make sure to bring your baby with a FULL belly, feeding your baby just prior to your session.** That is the MOST important thing. If you need to arrive early to feed your baby here, that is ok too just please let me know you will be arriving early. It is very important that the feeding just prior to your session is a full feeding. That may mean timing the previous feeding. For example, if your baby is eating every 3 hours, please feed them 3 hours prior so that they are ready for a full feeding just prior to the session. If you are supplementing and are able to "fill the baby's tank" that will also help. If you are able to bring an extra bottle of pumped milk or formula that is great too. If not, I understand and that's ok. I've breastfed babies so I understand it's not always easy ;)
- Try to keep your baby awake for at least 90 minutes before your session. I know that's easier said than done, but helps tremendously.
- Please bring a pacifier, even if your baby doesn't take one well. Pacifiers like the ones from the hospital are great because they won't leave marks on the babies' face.
- Please dress your baby in loose clothing that does not have to go over their head (buttons/zips up front) and no onesie or socks. Please put on the diaper loosely and please do not put on white diaper cream (aquaphor is colorless and preferred if needed).
- You may want to dress in layers because it will be REALLY warm in the studio. It can take at least 2-3 hours for the photos so if you want to bring something to eat/drink that is fine too. You may want to bring a change of clothes too, just in case.
- You don't have to bring any clothing, hats, headbands, or props unless you have something specific you want in photos. If you do, please let me know before your session so I can prepare for it ahead of time. I have a system and order to what I do and everything will be set up prior to your session so I may not be able to accommodate last minute requests. Please know the baby's safety is most important and for that reason, I may say no to certain requests if I feel they are unsafe.
- For family/parent photos (if applicable and desired), I recommend wearing light colored clothing (Ivory/cream/white) for my style of family portraits. Please try to keep it simple when selecting clothing. A simple t-shirt or tank-top is perfectly fine. Moms, I have wraps in a variety of colors that I can place around you if you don't have something. Simple clothing makes the focus more on the tiny baby and is much less distracting. The baby will be photographed close to your face and chest so elaborate jewelry is not recommended. If it's possible (If bringing a young sibling) some parents find it much easier to have someone take the sibling(s) home after their photos so that they aren't "quarantined" for a couple of hours while we finish the rest of the session and to also help the session move along more smoothly.
- I don't hire an assistant for my newborn sessions (to keep cost low and not have to pass that cost on to my clients!) so I will have a parent assist me at times during the session. For that reason, I recommend Mom's not come alone, especially if there are siblings.

The address of my studio is \_\_\_\_\_

Please let me know if I can answer any questions for you. I'm looking forward to seeing you!

Thank you!

