



Lifestyle Newborn & Baby Photography Session – what to expect and how to prepare

WHAT IS A LIFESTYLE NEWBORN SESSION?

Here at Little Bunny Photography, I photograph newborns a little differently than most newborn studio based photographers. Lifestyle newborn photography is more relaxed and free flowing with a focus on simplicity, connection and storytelling. I love the simple setting of a family's home and photos showing natural beauty of your new bundle of joy and the emotions that are present during the first few days of real life with your newborn baby; lots of snuggling with mum, dad and any siblings! Some posing of baby is involved but it is kept simple to really focus on all of the sweet baby details. Your baby is a miracle and does not need lots of props to show how adorable and loved it is.

WHERE?

The majority of my newborn sessions take place in the **comfort of your own home**. If the weather is warm enough and you are comfortable with the idea, we can take the session outdoors. I will come to your home for the newborn session and stay approximately 1-2 hours, depending on baby's comfort and cooperation.

WORRIED BECAUSE YOUR HOUSE IS A MESS?

Please, do not become stressed out about my coming to your home. I am here to help you in any way that I can and capture beautiful images of you and your newest family member. This is meant to be a lovely time and nothing to worry over. We all have cluttered nightstands - mine has a box of Kleenex and various books or magazines. This or piles of laundry is all completely normal (especially after just bringing a new baby home!). I might be moving furniture, but I will put it all back when we are through! I mostly shoot in the **living room, master bedroom or nursery**. If you could remove few unnecessary items from these rooms and located close to the windows, that would be brilliant; your photos will look much better without busy background.

BEDDING

There is nothing more simple and gorgeous than a new family cuddled up in bed together. I often suggest to move the session to your bedroom. If that is something that appeals to you, then I recommend white to light cream or neutral and solid bedding to keep things light and airy (or something that is not too busy).

LOVELY LIGHT!

Please open all of the blinds and curtains in your home prior to my arrival. This enables me to find the best source of natural light in your home. Nothing flatters like natural light, so I prefer to use it whenever possible. When I arrive, I will walk through your home looking for the best light and that is where we'll do a majority of the shoot. Sometimes the best location ends up being a foyer, by the backdoor or kitchen, usually wherever there is a large window.

FEEDING

Please feed and burp baby right **when I arrive** to your home to ensure a happy, sleepy baby (a full belly makes for a sleepy baby). I'll also be more than happy to take as many breaks as needed to help him/her re-fuel. Most likely we will also need to break 1-2 more times throughout our session together for another feeding, too, and that is perfectly fine. This is when moms usually ask me to capture them nursing or cuddling with their new baby.

SLEEPY BABY?

Prior to our session, please try and **keep the baby awake** as much as possible and stimulated as much as possible. You can give baby a bath or play for a while. A sleeping baby is much more cooperative than an awake baby. This may mean walking around the house and not snuggling up for nap time. Let daddy take over while you get ready.

CRANK THE HEAT

I recommend that you keep your home a bit warmer than normal during the session (like a toasty 25 degrees or so). Newborns are used to being all bundled up, warm and cosy and then I come in and take those adorable naked baby shots. Pushing up the thermostat is guaranteed to make the session flow more smoothly and help them sleep better. We may be sweating, but baby will be nice and warm and that is really all that matters!

BABY SKIN

If baby's skin is a little dry or flaky, try applying a small bit of baby lotion to those spots the day before our session. But don't worry if it doesn't go away completely.

LOOSEN UP

Please loosen your baby's diaper and clothing at least 30 minutes before the session. This gives those little imprint marks time to disappear.

WHAT TO WEAR

Keep it simple and timeless. I always recommend neutral colours and suggest avoiding the busy patterns. Bare feet works the best. Below are some examples. Feel free to lay your clothing out on a bed, snap a picture, and to send it to me for feedback.





(source: www.betruebaby.com, www.betrueimagedesign.com, Lori Page Photography)

SAFETY

Newborn safety is always my number one priority. All my tiny models are photograph in very natural positions. I never force the newborn into any pose, which might be unsafe. I personally prefer pure emotions and simple beauty of just born babies instead of lots of props and posed them in less natural positions for them.

PATIENCE IS KEY

Newborn sessions can last anywhere from 1-3 hours. It all depends on baby's mood. Unfortunately this isn't something we can predict! Be patient. If the baby gets fussy or alert, do not worry. A baby can sense your anxiety and we want to keep the environment as mellow as possible.

RELAX

The most important thing to remember on the day of your session is to relax and have fun!

If you have any question, please feel free to contact me – I would be happy to have a chat!

I look forward to meeting you all,
Anna