



# Newborn Shoot Prep Guide

# WELCOME

Thank you for contacting Imprint Studio and for your interest in newborn photography. Congratulations on your family's newest addition! It is our true pleasure to photograph your newly-born bundle of joy - they are only this little once.



## What to Expect



### BEFORE YOUR SESSION

- We suggest you book your session in your third trimester.
- We highly recommend to have your newborn photographed between 7-14 days, as they are most flexible for posing then, as well as being better sleepers.
- We photograph newborns in the morning, as they are at their most comfortable then.

### DURING YOUR SESSION

- Newborns generally respond to your energy. The more comfortable you are, the more comfortable your baby also is, and more chances for us to have a successful newborn session.
- Family photos are taken at the end of the session, but can be taken in the beginning if need be to accommodate your schedule.



### AFTER YOUR SESSION

- Within 1-2 weeks after your session, you'll be invited back to the studio to view your images and make your selection. This is the time to make your additional requests.
- You will receive your photos 1-2 weeks after your final selection.

# Preparation & Planning Tips



## SESSION DAY PREPARATION

- We suggest that babies are fed right before the session. A newborn session usually lasts 2 hours. While we can take a break during the session, it's best to make them feel full and comfortable beforehand.

## NEWBORN PACKING LIST

- Pacifier
- Spare diapers
- Baby's blanket
- Extra bottles
- Any keepsakes or other special items
- Burp clothes



## NURSING FOOD GUIDE

- If you are breastfeeding your baby, we ask that you keep a bland diet for 24-48 hours before your session, to avoid any discomfort for your newborn. Please eat comfort food such as breads, potatoes, and whole grains to keep your baby comfortable. We also suggest avoiding acidic food and gassy vegetables. Please check our breastfeeding food guide below.

## NEWBORN AND FAMILY OUTFIT GUIDE

- We have a collection of clean outfits ready for your newborn, including wraps, hats, headbands, bonnets, stuffies, as well as props, backdrops, wreaths, rugs, and more. If you have a request, kindly notify us in advance.
- We also ask clients to check our gallery and social media for inspiration and guidance for complementary outfits.
- We suggest solid and simple clothing without any distracting patterns. Keep clothing in complimentary tones for the family photos. Long pants are suggested and shoes are optional.



## BREASTFEEDING FOOD GUIDE

This list contains food we suggest to avoid while nursing. These typically affect babies under 6 weeks old. As they grow older, you may try introducing these one by one. Every baby is different, so it's best to consult with your pediatrician.

### Citrus Acidic food such as:

- Pineapple
- Grapefruit
- Oranges
- Lemons
- All berries
- Tomatoes and tomato products
- Nuts
- Chocolates
- Pizza
- Spaghetti
- Chili and other spicy food
- Salsa

### Gassy Vegetables such as:

- Broccoli and cauliflower
- Asparagus
- Onions
- Cucumbers / Pickles
- Brussels sprouts
- Cabbages

### Try to avoid these beverages:

- Soda
- Coffee & Tea
- Wine & beer

