

# NEWBORN PREP GUIDE

Thank you for scheduling a Newborn Photo Session!  
Here are some quick tips to help you prepare.

1. If you are nursing, I recommend avoiding eating spicy foods or citrus because it may upset baby's tummy. If you bottle feed, bring plenty of formula.
2. Interact with baby to keep him/her awake 1-2 hours before we start the session. It's also ideal to schedule baby's feeding about 2-3 hours before arriving so you can feed her again just before the session starts. It also helps to feed baby as much as you can 12 hours before the session. A tired baby with a full tummy results in a very sleepy baby and cooperative model!
3. If your baby likes the water, give him or her a relaxing bath before the session. It can relax your baby and help smooth out peeling skin.
4. Dress baby in comfortable loose clothing to prevent marks on skin. Buttoned pajamas are an easy one.
5. If you use a pacifier, bring it.

