

# Newborn

CLIENT GUIDE

Thank you for choosing Sweet Berry Photography, LLC  
for your most precious sessions!

Sweet Berry Photography, LLC has over 10 years of professional photography  
experience specializing in maternity and newborn imagery.

Our studio has everything you need for newborn sessions. This guide will help  
prepare you for your newborn session as well as hopefully answer any  
questions that you may have.

Please feel free to contact us for any other questions!

Studio location  
2630 West Seville Drive  
Avon Park, FL 33825

Social Media / Websites  
Facebook: [sweetberryphotographyllc](#)  
Web: [www.sweetberryphotography.com](http://www.sweetberryphotography.com)

## **How Covid 19 Affects our Studio**

Our studio has resumed newborn sessions, currently limiting to 1 newborn session a day. As things return to normal, we will be able to handle more bookings.

Our studio has always practiced cleanliness and safety and that has not changed. We always wash newborn outfits or garments - basically anything that touches the skin of a baby during a newborn session is cleaned before we use it again. This continues to happen as well as sanitizing our hands, and wearing fresh yoga pants and socks in every session. We also wear masks. when requested by our clients.

As always we ask that if our clients are sick, to please reschedule. If you have any concerns, please do not hesitate to ask.

## **Scheduling your Newborn Session**

Newborns are mostly photographed in the mornings however afternoon appointments are available upon request. For babies that are older than 3 weeks, we schedule between 9 or 10 am, depending on the babies sleep schedule.

Babies arrive ready to eat, and Parents are given time to feed their baby before the session.

Newborn babies under 2 weeks generally are best first thing in the morning as they have been up all night. As they get older they are more awake in the morning, which is why we will schedule the older babies a tiny bit later. We have learned from experience that newborns in the afternoon or early evening are generally not as comfortable and therefore we do not photograph newborns at this time.

If you have pre booked your session, we ask that you contact our studio 24-48 hours of having the baby. Let us know if everything went according to the birth plan, and the weight of the baby. The weight of the baby is important to us to determine if we should keep your current booking date, or adjust accordingly. We find that session dates always seem to work out, as most of our clients are pre booked and can be adjusted.

Our wish is for healthy babies always. When you have your baby, please let us know via web messaging, fb messenger or e-mail the baby stats.

**Date/time baby was born**

**Weight of baby**

**Name** (if known)

**Delivery/postpartum results** - we would love to know that everything went according to the birth plan. We would like to know if there are issues such as jaundice, NICU time, extended hospital stay or any other issues regarding the health of the baby. Knowing these items is so important to help us schedule the baby in a timely manner.

Most newborns are scheduled anywhere from 5-14 days after the birth. The timeframe usually varies based on the baby weight and progression. A baby born around 5-6 lbs may be scheduled around the 14th day, whereas a baby born 7-8 or 9 lbs, may be scheduled around 8-12 days. We do suggest newborns be scheduled within the first two weeks.

A newborn is considered so for 6 weeks. As a newborn progresses in development the bones harden and they tend to “uncurl” and stretch out more. A newborn photo session can successfully be achieved at any of these weeks with special care and prep. This guide should help in providing this information, for newborns of any age.

It is important to understand that newborns are not turned away for their age, however; certain poses may not be possible as they get older.

## **Session Day Prep**

We suggest that babies feed right before their session. A newborn session usually takes about 2 hours. We ask that you come 30 minutes prior to your session time to feed the baby in our studio. Babies generally feed every 2-3 hours, therefore; feeding right before a session can sometimes guarantee an uninterrupted session. With that being said, babies are babies and quite often will have growth spurts and feed more often during a photography session. In the event that the baby is fully fed, but still may seem hungry during the session we will take a break and allow them private feeding time. We suggest you give your baby their normal early morning feeding which is usually around 3 hours before your session and you are more than welcome to let that baby go back to sleep. You do not need to keep your baby awake. When you arrive, we will undress the baby to the diaper and then allow you to feed. At this point the baby will wake up and then be hungry.

It is very important to understand that we believe in baby led newborn sessions, which means that we never force or deny a feeding.

When you feed before a session, we suggest feeding as you normally do - whether breastfed or bottle fed. For bottle feeding, we do suggest you bring extra bottles. Moms are also welcome to pump at sessions if they need relief.

We have boppy pillows in which covers are cleaned in between sessions and are available for your use at any time for nursing.

Bottle warmers, wipes, spare diapers and new pacifiers are available in case that you need them.

Please check your baby for diaper rash. Babies often will cry during changing if they have a painful diaper rash. Pampers and other well known brand diapers are known for triggering horrible diaper rashes that produce welts. We suggest you change the diaper to a more natural diaper and keep an eye on the skin. This is very important, as even the happiest the baby on the block can be miserable with diaper rash.

We would love for you to tell us your favorite images for inspiration.

You can capture images from our site at the following places:

Facebook: [sweetberryphotographyllc](#)

Website: [www.sweetberryphotography.com](http://www.sweetberryphotography.com)

## Newborn Packing List

Please bring the following:

- dress baby in loose pajama
- pacifier
- spare diapers
- babys blanket
- extra bottles
- any newborn keepsakes or special items you would like to use

If baby normally does not take a pacifier, please bring it just in case. Newborn sessions are new to your baby and they often want to self soothe by sucking more often than normal. Using a pacifier during a session will not encourage bad habits - we promise!

We want you to be nice and relaxed during your session. Newborns generally respond to your energy and therefore the more relaxed and comfortable you are the more chances of a successful newborn session we can expect to have.



## Baby Safety and Composites

It is important to understand that we take baby safety very seriously. Most complicated images are composites and not all babies are able to bend in all poses. We will always discuss poses before we start the session and explain how we achieve the pose. These poses require the aid of a parent.

Below is an example of a composite.



## **Frequently Asked Questions**

### **I forgot to schedule a newborn session is it too late?**

It is never too late to have your baby photographed. It is important to manage expectations of a session. Curly sleepy newborn photos are never guaranteed but usually achieved with babies under 2 weeks. A 6 week baby may sleep during a session and have awake time, but may not be able to curl into womb positions or want to be wrapped. We do believe that generally babies can be successfully photographed at any age.

### **What if my baby doesn't sleep?**

Many babies do not sleep thru their session. Some are wide awake the entire time!! We can usually still achieve some amazing images, especially if they are wrapped!

### **What if my baby cries?**

Babies are babies and they will cry! We do everything we can to soothe and comfort them and surround them with a comfortable environment. We have worked with newborns for 10 plus years and as a Mother myself have many soothing techniques and tips.

## **What if we can not get any great baby photos?**

### **Do I get a refund or a reshoot?**

We have a very successful record for being able to achieve a wide variety of newborn images even with fussy babies. We will do everything we can to achieve newborn images and soothe your baby. In the event that photographing your baby seems impossible, we will discuss options with you during the session.

### **How many images do you provide?**

Sessions can be anywhere from 2-3 hours and the amount of images captured depends on how well the newborn is doing during transitioning of the poses. A newborn solo session can have anywhere from 50-75 images captured, whereas a family newborn session can have anywhere from 75-100 images captured. We will go thru your session images and eliminate any duplicates or blurry images and remove them prior to uploading them to your portrait gallery. You will then choose 15-20 images or the number agreed upon in the package you purchased.

### **Can we include parent poses, our other children and our dog?**

Please take a look at the session fees. We have session fees for photographing baby only, or for a full newborn family session. If you would like to include the parents, siblings and any other family members, please chose the family newborn session option.

## **My baby just got circumcised should we still come?**

As long as he is healing well yes. Most babies have healed by their session. Many Parents use vaseline or another gel that the Dr. has recommended for healing. We will keep the area protected and we can avoid naked images if you wish. We photograph hundreds of babies that have been circumcised with no issues. If your baby has had a later circumcision, they can still have their session and all normal precautions are made. Please feel free to discuss this with us during your session. We want you to be fully involved in the process.

## **My baby still has their umbilical cord on, is it ok to take photos?**

Yes! Most babies that come still have their cord on, as it may take a full two weeks for it to fall off. Some babies even loose their cords during their session! When babies are wrapped, we wrap with their diaper on and cover the cord so that it does not catch on the fabric. When they are naked, we gently can cover the area to keep it protected. We are very cautious with newborn babies and we are aware of the post delivery care that is needed.

## **What if my toddler does not cooperate?**

Children are children, and we do the best we can when working with them of any age. We have quite a few tricks up our sleeves and with your permission we can offer them treats or incentives for capturing sweet images.

## **Is there retouching? My baby has acne and my toddler has a scratch on their nose!**

YES! There is always retouching available. Standard retouching is included, such as removal of acne or assistants who are spotting.

## **How quickly can I see the images?**

Images are generally ready to see within 7-10 days of your session. Due Covid19 we have been providing online galleries for those who have purchased digital sessions only. If you purchased a session only package, than we will schedule a private in person ordering appointment so that you can choose your images for purchase.

## **Toddlers and Newborns**

Over the years, many of our clients come back again and again with their growing families. We welcome children of any age and we are well aware of how unpredictable the behavior of a toddler or child can be, regardless of the prep. More often than not, naps are skipped, tantrums happen and finding a perfectly well behaved toddler is rare.

In newborn sessions, we start with one set of the newborn first, as this allows us to focus on settling the newborn and making sure they are comfortable. We will discuss with you the order of photographing sibling and family sessions. We generally try and get your newborn settled and sleeping first and then add the sibling(s) afterwards. We try to shoot quickly keeping in mind short attention spans. Generally, the first hour is spent with the newborn and then we will add in the toddler or other children as available and then working with family in the end. Dads often need to go to work or leave early. Please let us know if this is the case, and we can accommodate the family session earlier on in the session.

Grandparents are always welcome at family sessions.

Pets are as unpredictable as children. While we welcome pets, please understand we can not guarantee success all the time with pets.

## **Nursing Food Suggestions**

If nursing, certain foods make your baby very very gassy. Your pediatrician may have provided you a nursing food guide of what may cause your baby to become gassy. Every single baby is unique in their own way. We suggest consulting your Pediatrician, ecomeDoula or Lactician consultant with any concerns. We know from experience that certain foods can affect a gassy baby.

We also ask that you keep a bland diet 24-48 hours before your session. Please eat comfort foods, such as breads, pastas and potatoes and whole grains to keep your baby comfortable. After the session, you are welcome to choose any diet you wish, however; we do know that gassy babies may need to be treated.

## The Newborn and Family Wardrobe

We have an extensive collection of newborn outfits and wraps for boys and girls. We also have an amazing collection for rainbow babies and twin sets. Our collection includes wraps, hats, headbands, bonnets, stuffies, props, backdrops, wreaths and more. We obtain new items weekly for our studio, however; we do suggest that if you have special ideas or request that you call or email us before your session.

Keep clothing in similar tonal ranges for complimentary couple and family posing. Little or big boys should compliment the rest of the family. We suggest long pants and shoes are optional.

**Important Note:** When posing babies naked, they quite often poop or pee on Moms and Dads! If you are planning on leaving the studio to another appointment or work, we suggest bringing a change of clothes just in case!



# Gallery Samples

We regularly update our social media pages and our website to give you ideas of my work. In this guide we have also included some samples to help give you ideas.