

# NEW BORN

SESSION & INFORMATION GUIDE



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Trudi  
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PHOTOGRAPHER

A soft, warm-toned photograph of a newborn baby lying down, being gently held by a mother's hands. A young child with blonde hair is leaning over the baby, looking down at it with a gentle expression. The background is a plain, light-colored surface. The overall mood is tender and intimate.

**Newborn  
Photos are  
a chance to  
pause,**

*to breathe, to take it all in.*





## A LITTLE ABOUT ME



Hello, I'm Trudi, professional newborn and family photographer. I am also a mother to my three beautiful children. Which means I have two AMAZING jobs.

I never thought I could love photographing babies more, until my own started growing up and those early days with them slowly becoming a blur. My 10+ years experience in photography has helped to cast my passion into a fulfilling mission to capture life's most precious moments. I have a big love for photographing families and I specialise in capturing your beautiful memories through pregnancy, to those first weeks with your newborn baby and beyond. Giving you tangible memories with the ones you love most to look back on for generations to come.

I absolutely love every moment I get to pick up my camera and photograph these precious, tiny little wonders and I look forward to meeting you and capturing your family's newest addition with the uttermost love and care!



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As a certified member of the Academy of Newborn Photography, combined with my many years of experience handling newborns, you can be assured that your baby is in safe hands. All of my sessions are baby led, preferring a simple, safe style of newborn photography. I am fully vaccinated, registered, insured and trained in first aid. All items used during shoots are washed and sanitised after each session. These are very important things to consider when choosing your photographer, as the health and safety of your baby is most important.







# WHAT TO EXPECT



## TEMPERATURE

The studio is kept at 26-28 degree's to keep your baby comfortable during the session. Newborns can lose their body temperature quickly, especially when unclothed, so we need to be sure they are kept warm at all times. You may want to dress in layers so that you are comfortable too.

## AMENITIES

My studio has a comfy day bed/couch, books and toys for young children, toilet/bathroom, nappy changing necessities all available. Please bring snacks/drinks.

## SESSION DAY

Newborn Sessions take place on weekdays starting at 10am. Lifestyle Newborn Sessions typically lasting 1-1.5 hrs. Posed Newborn Sessions typically lasting up to 3 hours. You should expect to arrive 10 minutes before your scheduled time to allow for a feeding.

## WEE + POOP

IT HAPPENS, all the time! It is so normal and expected for babies to wee and poop once they have been undressed. I typically leave any nudie posing until the end of the session to combat any wee and poo accidents. Everything is washed and sanitised after each session ready for the next baby.







## *loosen the nappy*

About 30 minutes before your session, please loosen baby's nappy and clothing that could leave little imprints on their skin. Loosening them before hand will give them time to disappear.

## *feeding time*

A well fed baby is a happy baby,  
Please feed and burp baby right before your session. This will ensure a nice sleepy "milk drunk" babe. We will take as many break as baby needs if he/she gets hungry or unsettled throughout your session. Its tough being new in the big world.



## *dry skin babe?*

Many newborns will have flaky skin during those first few weeks of life, which is totally normal! I do suggest bringing some lotion along to your session if you wish to settle the flaking during the session.



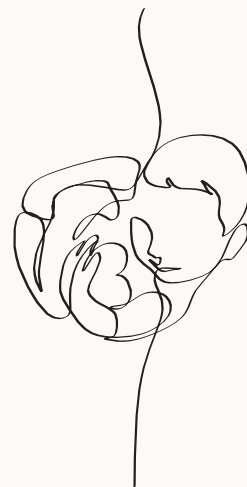
## *Please don't forget*

The most important thing? Bringing a new baby into the world is tiring and can be very stressful. I am very experienced handling and posing newborns and take everybody's health and safety very seriously. Your baby is in safe hands!

It can sometimes be best if mum steps back if baby is hard to settle. Those little noses know mums scent and it can be hard for them to relax if they are being a little fussy.



## *Be stress free*



I completely understand that this is much easier said than done, but we want this to be a stress-free experience for you and your baby. The calmer you are, the calmer your baby will be.





# WHAT TO BRING

Please ensure you have your nappy bag with essential going out supplies. And snacks for yourself and/or little people.



- PACIFIER - I highly recommend having a dummy readily available, even if this is something you don't intend on using for your baby. A few seconds sucking on a pacifier is a wonderful soothing mechanism for babies to help keep them content and asleep during transitions and poses.

- MILK - an extra bottle of breast milk or formula, if bottle feeding. Babies do tend to feed a little more often during their photos.



- SENTIMENTAL ITEM - I love incorporating special items. If you have a special item you would like to include in your baby's photos please bring it along.

*This may be a blanket, wrap, teddy, little booties, knitted item, hat. etc.*



# WHAT TO WEAR

## NEWBORN SESSIONS



## YOUR BABY

Your baby will be wrapped or naked for the session. We have all of the wraps, bonnets, hats, and headbands needed for a beautiful session.

## PARENTS AND SIBILINGS

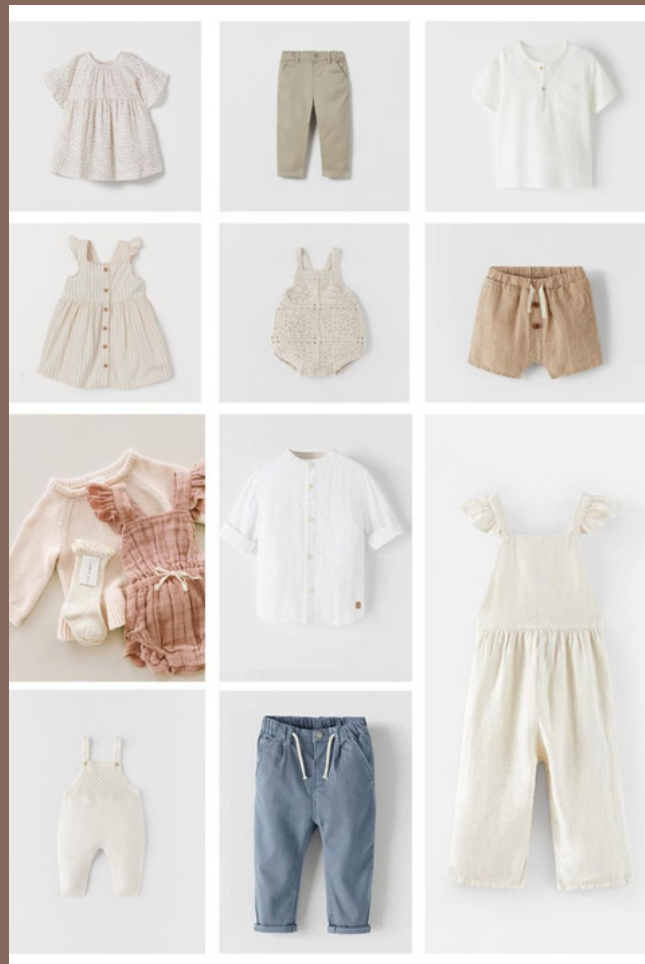
CHOOSE SOLIDS AND KEEP IT SIMPLE - Pick neutral coloured items that go with your colour palette and go from there. Avoid dressing any family members in outfits with busy patterns and large logos as it takes away from the main subject, your brand new baby. Think of adding interest to your outfits using textures instead of patterns. Simple neutral colour clothing works best for newborn sessions.

Feel free to send me your ideas with outfits if you need more advice. I'm happy to help with this planning stage at any time.

SPRING FAMILY PHOTOS  
*outfit inspiration*



THE COASTAL OAK



SAMPLE STYLE BOARDS

*outfit inspiration*



JENISSE  
*photography*  
FAMILY PICTURE  
OUTFIT INSPIRATION







# Frequently asked

## **WHY IS UNDER 14 DAYS OLD IDEAL?**

Your newborn sleeps deeply and is still very flexible in these first 2 weeks after birth. Which gives us a better chance of getting those cute sleepy shots and being able to pose baby in those beautiful curled up positions (just like they were in the womb!).

Although we can of course do newborn sessions with older babies, they are more likely to be awake during the session and may not be able or willing to curl up. In this case we follow baby's lead and never force a baby into poses they are unsettled in.

## **CAN I BRING FRIENDS/FAMILY ALONG?**

We want to create a calm, quiet and relaxed atmosphere in the studio. Which is beneficial to your baby sleeping deeply. So i do ask that newborn sessions are limited to only the immediate family. When there are too many people in the studio, it tends to become too noisy and too crowded amongst equipment which is also a safety concern,

Siblings and family photos will be captured at the beginning of your session. So you can arrange for your partner or family/friend to pick up and take them home or to the park during the remainder of the session, if needed.

## **WHAT IF BABY WONT SLEEP?**

That's OK! Although a sleeping baby will result in classic posed newborn photos you often see, there are no rules to say your baby has to be asleep the whole time.

What we ultimately want is a happy, content baby - asleep or awake!.If your baby is awake, your gallery will be filled with big stares, bright eyes curiosity and simply the most beautiful looks of wonder as your little one gazes around searching for your voice.



# After The session

## SNEAK PEEK

1-2 weeks after your session, I will post a little teaser image from our session on social media so you can share the excitement from your session with your friends and family. (You may opt out if you prefer, and your sneak peek will be sent privately)

I only ever share images on my social media business pages with written consent to do so and completely respect the privacy of all my clients and their choices.

## THE BIG REVEAL

Within 4 to 6 weeks after our session, I will present you with an online gallery of the best photos taken during our session, beautifully edited and finished. I do all the hard work of image selection for you, but I rarely take more images than I need for your package (only duplicates to ensure focus etc)

## PRINTING YOUR GALLERY

You will be able to download and make your print selections directly from the print store in your gallery. I also have a range of beautiful print and framed products to view in studio and order.

# PROFESSIONAL PRINTS AND WALL ART



I can assist you in designing the perfect displays for your home.  
From simple prints to canvases, framed collections, displays, and wood art,  
I can have your images filling your walls rather than sitting on your hard drive.



Signature Frames

Fine art prints

Wood prints

Keepsake Boxes

Albums



# Watch me grow!

## Sitter Session ( 6-8 months old)

1 x 30 minute studio session when your baby starts sitting unsupported.

- Private online viewing gallery
- + 10 of your favourite high res images via online download.

**Valued at \$290.00**

~ ~ ~

## First Birthday Cake Smash

1 x 30 minute studio session as your baby approaches their first birthday.

- Cake to be supplied by you
- Clean portraits before devouring their cake.
- Bubble bath photo's to finish for a fun filled cleanup
- Private online viewing gallery
- + 15 of your favourite high res images via online download.

**Valued at \$390**

**Please note - These sessions focus only on baby.**



## Bundle & Save!

Newborn Lifestyle + Sitter + First Birthday = \$1,080 ( saving \$150 )

Newborn Posed + Sitter + First Birthday = \$1,220 ( saving \$150 )

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