

NEWBORN

baby preparation

How to prepare your baby (and yourself!) for the newborn session!

www.angelajohnsonphotography.com





WHY IS IT SO IMPORTANT?

Being a new parent can be overwhelming, especially those first few weeks. But being a parent myself, I can guarantee you it's all worth it!

There is no other time that your precious baby will look quite like he/she does now. The peaceful, curled up baby seen throughout my galleries all have one thing in common... their parents all did the same thing before their session!



anzela johnson



A peaceful state of Sleepy Bliss is the ultimate goal for our newborn session. To ensure this, I'm asking a little bit of prep from you!

A sleeping baby is critical for the success of your newborn session, so please follow all my instructions!

Here is the equation for success:

Bath + full feeding + car ride to the studio = sleepy bliss & amazing session!

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Step by Step Prep:

ONE hour before the session:

1- Bathe the baby- The purpose of the bath is not just to clean the baby and ensure that fabulous soft fuzzy baby hair... it also makes them smell amazing and leave their skin ready for photos. While all that is true, the real reason for the bath is to keep baby awake and tire them out! If your baby's umbilical cord is off, please give a full bath, otherwise use a wash cloth and give a sponge bath as instructed by your doctor. The key is to linger during the bath, draw it out longer than you normally would. You want baby AWAKE, so dilly-dally and take your time.

2- Feed the baby- Give the baby a FULL feeding right before getting in the car. This is not a "snack" feeding- tickle feet, change the diaper, do anything you can to keep baby awake and ensure a full feeding. A full tummy equals a sleepy content baby!

3- Naked baby- after the feeding, I prefer the baby to only be dressed in a diaper. Depending on the weather, tuck the baby with a blanket for added warmth. **Absolutely nothing that pulls over the head,** tight socks or mitts with elastic! Secure the diaper with "loose tabs" so it is easily removed. What this means is to secure the diaper on the sides so it is on but just not as tight as usual. Line the car seat with a burp cloth or diaper pad to protect against leaks. During the session, baby will be photographed in the nude- of course babies CANNOT hold their bodily functions for very long, everything I use is completely washable, so please do not worry about "accidents."

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Pack the night before:

• (PACK THE CAR-

- THIS WILL SAVE YOU TIME IN THE MORNING!)
- DIAPERS
- MILK--BREAST OR BOTTLE! (IF BOTTLE-FEEDING, BRING 1 TO 2 EXTRA FEEDINGS THAN YOU EXPECT TO NEED.)
- PARENT CHANGE OF CLOTHES
- PACIFIER- THIS IS A MUST EVEN IF THE BABY DOESN'T CURRENTLY TAKE A PACIFIER.
- SNACKS AND DRINKS FOR MOM AND DAD.
- AN OUTFIT FOR BABY TO WEAR HOME.
- **EXTRA PARENT OUTFIT- YOUR PORTRAIT OUTFIT WILL LIKELY BE SOILED AND YOU WILL NOT BE ABLE TO WEAR IT HOME. THERE IS A BATHROOM AT THE STUDIO FOR MOM AND DAD TO GET DRESSED OR DO MAKE UP! WE START WITH THE BABY SO THERE IS AMPLE TIME FOR MOM TO PREP HAIR AND MAKEUP. **

4- Load Up- You are all set, hop in the car and head to the studio! The ride will put your little one into a deep sleep. Cover the baby when you get out of the car so the sun doesn't startle them awake. :.)

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When you arrive, I'll take him/her out of car seat! That will also avoid baby to smell and want mom.

5- It will be warm- I'll be the main soother and handler of the baby! If I can't calm him/her down, I will have you take over and try to feed him/her a bit. The sessions are long as time is built in for feeding, cuddling and whatever else baby might need. It will be warm! This will ensure baby is completely content while being naked.

angela zohnson



Adding Siblings & Parents to the Newborn Session — angela johnson —

This is an upgrade to your session. Please select this option as an add-on at checkout when purchasing your session or receiving your invoice by email.

Siblings:

Please **ONLY** bring siblings **30 minutes** before the end of the session. No matter their age, they most likely will get anxious and frustrated with the wait, and at times wake baby up with running around, talking too loud or coming close to me to "help" pose the baby.

Outfits:

I LOVE neutral colors because you cannot go wrong with classic and simple, right?!

I suggest black or white, or solid colors, just no busy patterns. Bring an extra shirt in case baby soils it. I HIGHLY recommend make up with a make up artist! I have an amazing make up artist available to come to the studio at the time of your appointment, so you are ready for parent shots! Let me know in advance so I can coordinate with her! Her service is not included in the session price.





GLAM STUDIOS

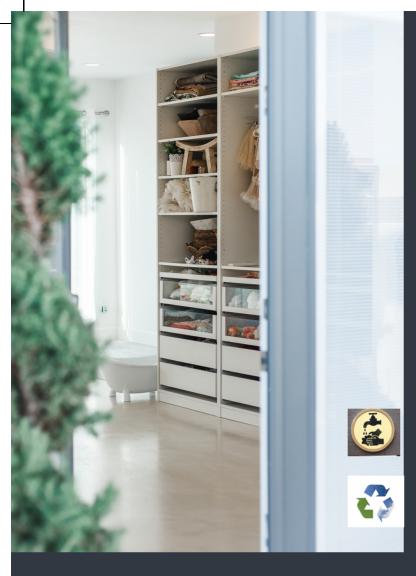
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Cleaninless at Glam Studios

What we are doing daily to ensure our space is clean and safe!

- CLEANING BETWEEN SESSIONS
- WASHING HANDS THROUGHOULY BEFORE AND AFTER
 SESSIONS
- SANITIZING OF DOOR KNOBS, COMMON SURFACES, AND ALL COMMON AREAS.
- DEEP CLEANING OF ENTIRE STUDIO- WEEKLY (REASON WHY WE OPEN LATER ON WEDNESDAYS!)
- UVC OZONE LIGHT TO SANITIZE THE STUDIO AIR AT NIGHT- JUST LIKE HOSPITALS!
- STEAMING OF FABRIC SURFACES, INCLUDING PILLOWS
- ALL FABRICS ARE WASHED PRIOR TO SESSIONS
- STAFF WEARS MASKS AND GLOVES DURING SESSION
- DISPOSABLE PAPER TOWELS IN BATHROOM
- SANITIZER/ ALCOHOL IN SPRAY FORM AVAILABLE IN EVERY AREA OF THE SPACE FOR EASY ACCESS AND INSTANT CLEANING.
- WE ASK GUESTS TAKE THEIR SHOES OFF AS THEY ENTER THE STUDIO.



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Studio Amenities:

- WiFi
- snacks and cold beverages
- waiting area

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