



# Newborn Session

WELCOME GUIDE



# Thank You

for choosing my studio for your most precious sessions!

Maxine Stevens has been a Professional Photographer for 10 years specialising 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 you may have. Please feel free to contact me for any other questions.

## **Studio location:**

11 Jamaican Music street,  
Mooikloof Equestrian Estate.

(Access codes will be provided the morning of your session via WA)

(Please check the Google maps and allow extra time for traffic, plan your time accordingly)

074 495 0275

[www.instagram.com/maxinestevensphotography](https://www.instagram.com/maxinestevensphotography)

[www.facebook.com/maxinestevensphotography](https://www.facebook.com/maxinestevensphotography)



# Scheduling Your Newborn Session

Newborns are photographed in the early morning only. I take newborn appointments at 08:30 am. For newborn sessions where we are only photographing baby, I schedule them from 09:30 am.

I please ask that you give baby a full feed before you leave for the studio. For breast feeding mothers this means 30 minutes +.

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. I have learned from experience that newborns in the afternoon or early evening are generally not as comfortable and therefore I do not photograph newborns at this time.


If you have pre-booked your session, I ask that you contact the studio within 24-48 hours of having the baby. Let us know if everything went according to the birth plan.

Please also let me know the following:

**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 any issues such as Janice, NICU time, extended hospital stay or any other issues regarding the health of the baby. Knowing these items is so important to help me schedule the baby in a timely manner.



Most newborns are scheduled anywhere from 8-14 days after the birth. The time frame usually varies based on the weight and progression. A baby born around 2-3kg may be scheduled around the 14th day, whereas a baby born 3kg and more, may be scheduled around 8-12kg. This may also vary depending on availability. So please be sure to pre-book and let me know when baby has arrived. I do suggest newborns be scheduled within the first two weeks of birth.

- 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

I suggest that babies feed right before you leave for the studio. A full newborn session takes between 3-4 hours, and baby only session take up to 2 hours.

Babies generally feed every 2-3 hours, therefore; feeding right before you leave for the studio can sometimes guarantee an uninterrupted session. With that being said, babies are babies and quite often will have a growth spurts and feed more often during a photography session. In the event that the baby is fully fed, but may seem hungry during the session we will take a break and allow them some feeding time.

It is very important to understand that I believe in baby led newborn sessions, which means that I never force or deny a feeding baby. If your baby is bottle fed, please bring along extra bottles, Moms are also welcome to pump at sessions if they need some relief. I have feeding 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 / dummies are available in case you need them.

# Important

I would love for you to tell me your favourite colours for styling your session. \* Please keep in mind your babies skin tones as to what will suit them better. (For example, should they have a milder skin tone with a bit of Jaundice, then yellow is not a suitable colour choice).

Please also tell me your favourite images from my portfolio for inspiration / and colours from my portfolio. You can capture images from the following places:

[www.facebook.com/maxinestevensphotography](https://www.facebook.com/maxinestevensphotography)

[www.maxinestevensphotography.co.za](http://www.maxinestevensphotography.co.za)

[www.instagram.com/maxinestevensphotography](https://www.instagram.com/maxinestevensphotography)

- images & poses from other pages can not be guarantee.
- please also note colour choices from my portfolio - specific colours outside of my portfolio can not be guaranteed.
- please also take note of your package details - mini sessions are wrapped only.



# Packing list

## **Please bring the following:**

- dress baby in loose pajama
- Pacifier / dummy
- Spare nappies
- Baby blanket
- Extra bottles & formula
- Hair brush
- Any newborn keepsakes or special items you would like to use.
- Any snacks you may wish to eat.
- Any special treats we may use to “bribe toddlers”

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

I 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.

\*Should you have any questions, please don't hesitate to contact me.



# Hair and Make up

Maxine works with **Yoane makeup artist &** for hair and makeup. Price and payment is provided and paid to the stylist. The stylist usually comes to the session and provides hair and makeup the first part of the session while I photograph baby.

**[yoane@makeupartistry.co.za](mailto:yoane@makeupartistry.co.za)**

You are welcome to please contact them directly to get prices and arrange dates.

# Frequently Asked Questions



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

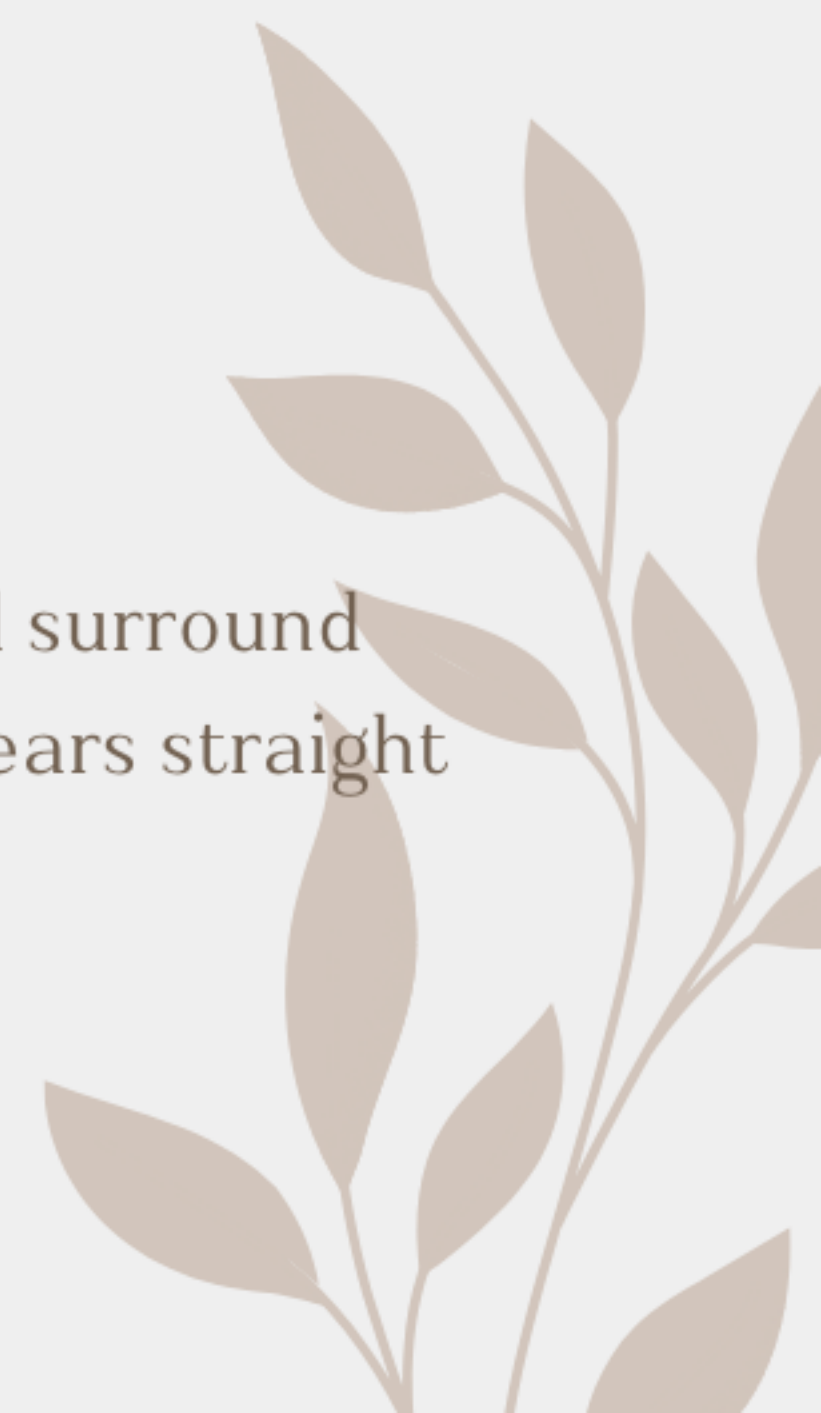
It is never too late to have your baby photographed. It is important to manage exceptions of a session.

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 a womb position or want to be wrapped. I do believe that generally babies can be successfully photographed at any age.



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

Babies are babies and they will cry! I do everything I can to soothe and comfort them and surround them with a comfortable environment. Maxine has been working with newborns for 10 years straight and as a mother herself has many soothing techniques and tips.



# FAQ



**What if we can not get any great baby photo's?**

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

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



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## How many images does Maxine provide?

Sessions can be anywhere from 2-3 hours to 3-4 hours and the amount of images captured depends on how well the newborn is doing during transitioning of the poses. A newborn session can have anywhere from 80 - 200 images captured. Maxine will go through your session images and eliminate any duplicate or blurry images and remove them before sending them to light room and then photoshop.

Then a full edited gallery will be uploaded on a website where you will get an email with a password and link to access. The full gallery depends on the package you have chosen but may have between 3 - 20 additional edited images over and above your package.



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

Please take a look at the package feed and details. I have session packages for photographing baby only, or for a full newborn family session. If you would like to include the parents, siblings and other family members, please choose the family newborn session option.

# FAQ



## **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. I still keep the area protected and we can avoid naked images if you wish. I have photographed hundreds of babies that have ben 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 me during your session. I 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 if following the Dr's guidelines. Some babies even lose their cords during their session! When babies are wrapped, I wrap their diaper on and cover the cord so that it does not catch on the fabric. When they are naked, I gently can cover the area to keep it protected. I am very cautious with newborn babies and I am aware of the post delivery care that is needed.

# FAQ



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

Children are children, and I do the best that I can when working with them. Of any age. I have quite a few tricks up my 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 extra hands which are spotting babies.



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

Sneak peaks are shared on social media within a few days. And a full edited gallery is uploaded and shared within 5 weeks of your newborn session.

# Composite images



**Not all images are as they appear!**

All images are taken safely and then just edited to get the desired effect.

# 2 Toddlers and Newborns

Over the years, many of Maxine clients come back again and again with their growing families. I welcome children of any age and I am well aware of how unpredictable the behaviour of a toddler or a 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. I will still discuss with you the order of photographing sibling and family session. I generally try and get your newborn settled and sleeping first and then add the toddler afterwards. I try and shoot quickly keeping in mind short attention spans. Dads often have to go to work or possibly take the older siblings to school / creche. Please let me know if this is the case and we can accommodate the family session earlier in the session.

# 2 Nursing Food Suggestions

Maxine nursed her children and with her daughter, discovered certain foods made her daughter very very easy. Her paediatrician gave her a nursing food guide that she passed on for 10 years. Every single baby is unique in their own way. I suggest consulting your paediatrician, doula or lactation consultant with any concerns. Maxine knows from experience that certain foods can affect a gassy baby.

I also ask you to please 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; I do know that gassy babies may need to be treated.

I have included the food list in this guide, please use at your own discretion and consult professional help when needed.



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This list is a helpful guide of common foods to avoid while nursing. These foods typically affect babies under 6 weeks. As they get older, introduce foods one at a time to see how they are affected.

Ana Brandt Newborn Baby Guide **Be sure to consult with your Pediatrician.**

**Citrus Acidic foods and drinks such as:**

**Cranberries**

**Pineapple**

**Grapefruit**

**Oranges**

**Lemons**

**Strawberries**

**All berries**

**Tomatoes or tomato products**

**Chocolate (rarely affects babies)**

**Peanuts - nuts in general**

**Pizza**

**Spaghetti**

**Chili**

**Tacos/Spicy/Mexican Food/Salsa**

**Ketchup**

**Restrict Foods Such As:**

**Soda, Coffee, Tea,**

**Wine & Beer**

**Gassy Vegetables such as:**

**Asparagus**

**Onions**

**Cucumbers/pickles**

**Broccoli**

**Cauliflower**

**Brussels Sprouts**

**Cabbage**

We highly suggest if your baby is gassy, to avoid the foods mentioned 48 hours before your session.

Check with your Doctor to see if Dairy is an issue.

# The Newborn & Family Wardrobe Guide

Maxine has a large collection of newborn outfits for boys and girls. Our collection includes wraps, hats, headbands, stuffies, props, backdrops, wreaths and more. I do suggest that if you have special ideas or request that you call or email us before your session.

Maxine has a limited wardrobe of gowns which you are welcome to use. You are also welcome to hire a dress for yourself and possibly your older daughters.

- "lilyblossomdressess" - Stefanie Ross
- "Haute\_finery" - Haute Finery Couture Dress Rental
- "Maternity32" - Monami Maternity Boutique
- "thebumpandwillow" - The Bump & Willow

For boys and dads I suggest simple solid clothing that is void of distracting patterns and matches the idea mom has for her wardrobe.

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





*Thank You So Much*

Maxine Stevens Photography

