



# Newborn Session

## PREP GUIDE



*Hello!*

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## LET'S MAKE SOME MAGIC TOGETHER

First and foremost, thank you for the privilege of photographing your little miracle!

Below, you will find plenty of helpful information to ensure the success of your session.

I have put together these tips after working with hundreds of newborns and parents. I want to create the most beautiful photos possible for your family. By carefully reading the following information and preparing for your session, you will be helping me do just that.

I am honored to photograph your family during this special time. Please know that your experience is something I take very seriously. I want to make this day perfect for you!

Thank you for your time and for helping me do my best for you!  
I can't wait to meet your little one!

*with love, Gisele Becker*

Gisele Becker Photography is a registered and tax-compliant business. I am a mother of four and have extensive training in newborn photography, health, and safety. I have experience in newborn photography both in my studio and at the maternity wards of two major hospitals in the area. I conduct approximately 50 newborn sessions per month. The safety and comfort of your baby are always my top priorities.





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Before

YOUR NEWBORN SESSION





## *When to schedule your session*

Once your baby is born, contact me to let me know they have arrived! When you have a moment, just send me an email at any time ([familybonds@giselebecker.com](mailto:familybonds@giselebecker.com)). I will get back to you as soon as possible! I will send you some available dates so we can schedule the session at a time that is most convenient for you.

I love photographing newborns and babies at all stages, so we can schedule the session at a time that you feel most comfortable with.





There are benefits to scheduling the session early, such as:

- **Deep Sleep:** Newborns tend to sleep more deeply, which makes it easier to position them and capture calm, relaxed photos.
- **Flexibility in Poses:** At this stage, babies are more flexible and can be positioned more easily and safely, allowing for a greater variety of poses.
- **Capturing Unique Features:** The baby is still adjusting to the new environment outside the womb, and their physical characteristics are very typical of the newborn stage, which helps capture the essence of the early days. The baby's appearance changes quickly in the first weeks, so photographing soon after birth ensures these newborn features are preserved.
- **Documenting the First Month:** Scheduling the session early can document the initial phase of the baby's life, providing precious memories of what they were like in the first days.
- **Reduced Risk of Colic:** Older babies may experience colic or other discomforts that could interfere with the photo session, making an earlier session a more peaceful option.
- **Opportunity to Capture Sibling Excitement:** It's a great chance to include older siblings in the session, capturing the family dynamics right after the new baby arrives. The excitement and emotion of siblings with the arrival of a new member is one of the most beautiful moments to capture!

On the other hand, there are also benefits to waiting a few weeks, such as:

- **More Complete Feedings:** Older babies generally have more regular and complete feedings, which can result in more satisfied tummies and more relaxed sleep during the session.
- **Development of Routine:** The baby may start to develop a more stable sleep and feeding routine, making the session more predictable and calm.
- **Fewer Health and Skin Issues:** Babies a few weeks old generally have fewer common health issues from the early days, such as jaundice or skin peeling. These issues can be treated in photo editing but may make mothers uncomfortable or concerned.
- **Greater Variety of Expressions:** Slightly older babies can show a wider range of facial expressions and interactions, resulting in more dynamic and expressive photos.
- **Increased Comfort for the Mother:** The mother may have more time to recover from childbirth and feel more comfortable and confident during the session.

I am 100% confident in photographing babies as young as one day or even hours old (as happens in the maternity wards where I work), as well as those several weeks or even months old. If you prefer to wait a bit, that is completely fine! Or, if you want to schedule as soon as possible after your baby arrives, we can do that too.

The choice is yours, and I will be here to accommodate what works best for you and your family. Just contact me when your baby arrives, and we will find the perfect date for the session!



# Business & Contact

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## **STUDIO ADDRESS: 118 Salmon Street - Manchester**

Open by appointment only.

Having a photography studio has always been a dream of mine.

For a long time, my family photo sessions were limited to outdoor shoots or newborn sessions in rented studios. But I always dreamed of having my own space, close to my family, where I could ensure the quality, cleanliness, and safety that I value so much for my clients.

Additionally, as a mother of four, I understand how important it is for parents to have a comfortable place to sit and relax after the first few days with a new baby, while the photographer takes care of all the work!

Now, I finally have my dream space! Pinch me! I still can't believe I work here.

I am incredibly grateful and feel so blessed to spend time with my clients in a space that I am so proud of. Dreams really do come true with patience and perseverance.

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### **CONTACT (anytime):**

Email: [familybonds@giselebecker.com](mailto:familybonds@giselebecker.com)

Texts: (603) 422-2383

As a top photographer in New Hampshire capturing your family's moments.

\*Please no calls unless there is an emergency.

Since I work with newborns and their families, both in my studio and in hospitals, my phone remains on silent mode at all times. Therefore, it may be difficult to hear or answer calls immediately. To ensure effective communication, I recommend that you send me a text message or email. I will respond promptly and ensure that all your questions and needs are addressed in a timely manner.





# JUST *Relax & Enjoy*

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One of the most important things to remember at the session is to go with the flow. Your baby will be in charge at the session, and I will only do what makes your baby comfortable and happy. I have developed a posing flow that I use at every session to keep babies safe, comfortable, and relaxed. Altering this routine with lots of prop requests and multiple outfit changes can actually backfire, causing your baby to be over stimulated and over tired. I have everything you will need for your session as far as props go, but if you would like to bring a prop of your own, please make sure to limit it to one or two special sentimental items. My goal, is for you to be able to come in and relax, sit back and enjoy watching your precious baby, and I will take care of the rest! I absolutely love what I do, and your baby will always be treated with the utmost respect and care.

**BEFORE YOUR SESSION:** Please make sure you have filled out the [Infant Session Questionnaire](#) This is mandatory for all studio visitors.



AND THE FAMILY...

# What to wear



## LIGHT + LOOSE + TEXTURES

**For moms:** long dresses with light textures that are not tight-fitting, such as voile, are perfect! family portrait photography! Lace and details on the shoulders are welcome! Remember that your body beautiful baby into the world, so don't worry if your belly isn't the same as it was 9 months ago! Additionally, the photos will be from the waist up, with your baby covering most of you. Feeling happy and comfortable is essential for the beauty of the photos! For accessories, engagement rings and simple stud earrings are classic and elegant.

**For dads or siblings:** avoid logos, words, or characters on shirts and hats.

Opt for clothing in neutral and solid colors (white, ivory, gray, or beige) with a simple design (no colorful or animal prints). Remember: the focus is the baby!

I photograph using angles and lighting that highlight your family's natural beauty, and the images will be retouched. So, don't worry... You will look stunning!

## HAIR + MAKEUP

Get haircuts at least a week before, and keep makeup natural. Better yet, get your hair and makeup done professionally. The confidence boost and no-stress is worth it!

## HANDS AND NAILS

Your hands will be holding, hugging, and gently stroking the baby in many of your photos, so make sure everyone has clean and trimmed nails with no chipped nail polish.





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# *The Day Of*

YOUR NEWBORN SESSION



# What to expect

## FOR BABY

### THE MORNING OF THE SESSION

The following instructions are just suggestions. You know your baby best, so some of these instructions might not be possible. However, I have found that these tips work **WONDERFULLY** to help make the most of our time together and ensure a successful session. Lack of preparation can make the session much more difficult and longer.

Please don't stress if you can't do everything perfectly. Sometimes things don't go as planned, and I completely understand that this initial time with a new family member is usually hectic for all families! However, being willing to adjust your schedule a bit for the day can help make your session a success!

\*\*Please avoid foods that can cause gas a few days before your session if you are nursing.

\*\*Please avoid caffeine, if possible, on the morning of your session if you are nursing.





## IF YOU ARE COMING TO THE SESSION...

- **WITH BABY ONLY (no siblings):** If you live near by, feed your baby immediately before you leave your house to come to the session. If you live more than 45 minutes away, please feed your about 2-3 hours prior to the session, then, plan on feeding him again as soon as you arrive at my studio to get him nice and full before we start the session. Dress your baby in loose clothing so it will be easy to undress him without waking him. We will start with your baby's portraits right away, and will finish the session with parent photos.
- **WITH A TODDLER OR YOUNG SIBLING:** Including older brother / sister(s) in your newborn portraits is the perfect way to document this fleeting time in your lives. It's one of the parts I am most moved by: capturing the joy and sparkle in the siblings' eyes with the arrival of the new family member!! But for the session to go smoothly, it's good to be attentive to a few things... please feed your baby immediately before you leave your house to come to the session. This will allow us to start sibling photos right away when you arrive. Young siblings have a short attention span for photos, so we want to make sure we take those photos immediately so the sibling will not have to wait through a feeding. When you get here, I will swaddle your baby in a beautiful wrap and begin the sibling photos.



Toddlers have a short attention span, and I don't want the sibling to have to wait while the baby is fed before we start the photos. Dress your baby in loose clothing so it will be easy to undress without waking them.

We will start the sibling photos immediately upon arrival and then proceed with the family photos. Please arrange for a friend or family member to pick up the younger siblings so we can focus on the individual newborn portraits (family photos should be completed within 30-45 minutes after the session begins). If no one is available, it's best for one of the parents to take the siblings out to eat or play at the nearby park (my studio is very close to Livingston Park) while we finish the rest of the baby session. My studio also has a cozy room with a TV and a kitchen available (in case there is no option for picking up the children). However, keep in mind that a newborn session can last over 2 hours, and children may get bored or make a lot of noise. Please make the necessary arrangements before you arrive to ensure a pleasant experience for the whole family.





## FEEDING

When feeding your baby, please take your time and make sure your baby gets a full feeding. I like to use the term "milk drunk," meaning your baby eats until he falls into a deep sleep. Please don't feel rushed during feedings at the studio. There is plenty of time set aside during your session for baby's needs. It is so important to make sure baby has a full belly to get those sleepy baby poses. A hungry baby will not pose and will remain unsettled during the session.

If you are nursing and pumping, please bring a couple of bottles of expressed milk. If you are using formula, please bring extra formula! More than you think you will need! Babies tend to feed more than usual at the session.



Sessions usually last around 2 hours. Sometimes a little longer depending on if baby is a light sleeper, or needs to stop multiple times to feed. The easiest way to ensure a sleepy baby is the willingness to nurse/bottle feed on and off. Your baby's feeding schedule may be a little thrown off on session day, but babies tend to be hungrier during their newborn sessions. Do not be surprised if they want to eat more than normal. \*\*I understand that some parents may be already trying to set a "feeding schedule." However, please understand that babies may be a hungrier at their newborn sessions because of the extra exercise from being moved around. Please be willing to be a little flexible just for the couple of hours we are together for a successful session. My top priority is your baby's health, safety, and comfort.





## PACIFIER

If you can, bring the soothie pacifier the hospital sent you home with. It's the bendable, green/blue/orange one, and won't leave marks. Even if you haven't used one, just for the 2 hours that I'm posing him/her really helps.

If you don't happen to have one, I keep unopened, sterile pacifiers here in the studio (as well as plenty of newborn diapers). However, if you really prefer that we don't use a paci, that is fine as well! I will always respect your wishes!

For breastfeeding mothers, some foods we eat can cause painful gas in our babies. Although each baby is different, I suggest avoiding foods that commonly cause gas in babies the day before the session. This can help minimize discomfort for the baby during the session.



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*Were we go!*

YOUR NEWBORN SESSION





# Get Ready!

## TEMPERATURE

- It will be around 75+ degrees in the studio. Due to this, I will be dressed comfortably for a warm few hours, and suggest you do to! This warm temperature will keep baby's skin color nice and even, as well as help him stay warm and comfy since he will be undressed for most of the session. You are welcome to bring the clothes you want to change into, and any makeup for touch-ups. There is a private restroom with a full length mirror for dressing.

## LIGHT & SOUND

- The studio will have low lighting, using only the flash at the moment of the click, which is more comfortable for the baby. Throughout the session, a white noise machine will be used to help the baby relax and enter a deeper sleep. But don't worry! There is a comfortable room with a large sofa, TV with various series and movie options, as well as a fully equipped kitchen, next to the photo area so that mom and dad can relax (deservedly!) during the session.







## MOM & DAD

You are a big part of the session. Capturing the connection between you and your baby is one of my favorite parts. Celebrate this beautiful moment of the love you've created!



# A Few Additional Considerations...

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## Food

Feel free to bring a snack or order something to eat, as the session may extend past lunchtime. A microwave, stove, and refrigerator will be available to store formula, food, or drinks. We also provide snacks, coffee, and hot tea! A private restroom is available, and I have a changing table stocked with diapers, wipes, and anything you might need. Order your favorite food and enjoy a relaxing and romantic moment while I handle the photo session!

## Pets

I'm a huge animal lover (I have 2 pets that I adore!), but out of respect for potential allergies of other clients, pets are not allowed in the studio. However, I would be happy to include them in a future outdoor session!



## Props

I have nearly everything you'll need for the session, including baskets, blankets, wraps, hair accessories, and small toys for the baby's tiny hands.

## What to Bring

My goal is for you to only need to bring your baby and formula! I have diapers, wipes, and almost everything you can think of, and then some! However, if you have special props or items you'd like to include in your photos, feel free to bring them. Just keep accessories to a minimum or bring items of sentimental value.





## Poses

Some parents ask if they can request certain poses or photos they've seen on other photography sites or Pinterest. Yes, you can request them, and I will do my best to accommodate your pose preferences; however, there are certain poses that, in my opinion, are unsafe and may cause harm to the baby. These poses I will not perform. The safety of the baby is my top priority. Some babies may be uncomfortable in certain poses, and I will only do what is comfortable for your baby. Your baby's safety comes first!

My goal is to photograph your beautiful baby and family as they are. Enjoy your UNIQUE session, and try not to get caught up in recreating someone else's family photo session. This session is about YOUR little miracle. YOUR family. Almost always, parents prefer simple, classic poses over photos with extravagant props because they are timeless and will never go out of style.

## Retouching

Please don't worry if your baby has acne or peeling skin. I can retouch all of this at no additional charge. If you prefer to leave some peeling skin to show the newness of your baby, please let me know and I will leave those details in your photos. Otherwise, all skin blemishes that would not normally be there will be retouched. Birthmarks and scars can be softened ONLY at your request. I like to leave these unique features. Umbilical cords will be left as is and will not be edited out, so please let me know at the time of the session if you prefer that the umbilical cord stays covered, and I will pose the baby in a way so it will not show.





After

YOUR NEWBORN SESSION



# After the session

## SNEAK PEEK

1-2 days 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.



## THE BIG REVEAL

About 2 weeks after our session, I will present you with an online gallery of the best photos taken during our session. You will be able to make your selections from this gallery, depending on the package you choose. You can purchase photos and even upgrade your package if you want more photos than the package you originally purchased.



## PRODUCT DELIVERY

One to two weeks after you make your photo selection, I will send you the link and password for downloading your high-resolution photos from my website. If your package includes printed photos, they will be delivered in a beautiful box with a complimentary USB drive containing all the chosen images. If you wish to add albums or wall art, please contact me to purchase them so you can proudly display your newborn on the walls of your home.



# Print your photos

## PRINTING GIVES LIFE TO YOUR IMAGES

While capturing the unique details of your baby and viewing them on a phone or computer is enjoyable, nothing compares to touching a printed image of the little smile and face that has just arrived in your lives!

Hard drives can fail, and digital images can be forgotten. The best way to make these memories something you can cherish every day is to keep them where you can connect with them daily—display them on your walls, make prints to share or frame, and flip through an album filled with moments that tell the story of the miracle of life arriving in your family.



### PRINTS

Prints are a perfect way to display a bunch of your favourite images, whether you pass them around or show them in small frames around the house. If your package includes printed photos, you will receive them in a beautiful box.



### WALL ART

IA beautiful modern canvas to take your breath away every time you pass by. It can be added to your package, talk to me.



### ALBUMS

Heirloom albums are designed to be passed down from one generation to the next. The album pages are printed and rich in color, perfect for little hands to flip through year after year as they follow the unfolding family story. It can be added to your package, talk to me.





# a little love

## KIND WORDS FROM KIND FOLK



Gisele, thank you so much for every detail of Cecilia's newborn session! Everything was thoughtfully planned and prepared with so much love... and the result couldn't have been any different, right?! The photos turned out wonderful!!! Congratulations on your work; everything was very beautiful and respectful towards the baby! We felt very at ease knowing that our little one was being treated with such care and preserved during the session. Thank you for each memory; they are keepsakes we will cherish forever! May God bless your work!

Family Romero  
Newborn Session




A session full of affection, coziness, and patience. The photos were taken with great delicacy and excellence in service. Our daughter remained calm and relaxed throughout the session, resulting in wonderful photos that will be cherished forever in our family.

Thank you so much for such beautiful images that brought so much joy to our family! We will cherish them with great affection.

Family Moura  
Newborn Session





“Love is like a golden tie that binds the  
hearts of those who love and those  
who are loved”

St. Alphonsus Maria de Liguori



*Get in touch*

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