



NEWBORN SESSION PREP GUIDE

What to expect and how to
prepare for your newborn session!

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WHAT TO EXPECT

ALL PROPS, WARDROBE, STYLING AND SET-UP ARE TO BE PROVIDED WITH YOUR SESSION FEE. SPACE HEATER, WARMERS, AND HAND SANITIZERS ARE ALWAYS USED WITH THE SAFEST PRECAUTIONS TAKEN FOR YOUR LITTLE ONE. SESSION TIME USUALLY RANGE BETWEEN 90-180 MINUTES. I WILL BE HANDLING YOUR BABY THE ENTIRE TIME UNLESS FEEDING OR DIAPER CHANGE IS NEEDED

WHEN TO SCHEDULE

MOST NEWBORN SESSIONS ARE BOOKED BETWEEN 6-16 DAYS OLD. I ASK THAT YOU REACH OUT TO ME SOON AFTER YOUR DELIVERY AS IT MAY TAKE A WEEK TO SCHEDULE. I WILL NEED YOUR LITTLE ONES BIRTH STATS TO CONSIDER INTO BOOKING SUCH AS WEIGHT, NUMBER OF DAYS OLD AND IF OR WHEN CIRCUMCISION IS SCHEDULED.



PREPPING BABY

TRY TO SKIP A FEEDING IN THE MORNING UNTIL RIGHT BEFORE YOUR APPOINTMENT TIME. BATHE YOUR BABY WITH EITHER A FULL WATER BATH OR A WET CLOTH WIPE FOR SOME AWAKE TIME.

FEEDING SCHEDULE AS FOLLOWS.

IF YOU LIVE WITHIN 15 MINUTES, FEED BABY 20 MINUTES BEFORE LEAVING.

IF YOU LIVE WITHIN 30 MINUTES, FEED BABY 10 MINUTES BEFORE LEAVING.

IF YOU LIVE 1 HOUR AWAY, FEED BABY HALF THE MILK AND THE REMAINDER ONCE YOU ARRIVE FOR YOUR APPOINTMENT.

AFTER FEEDING YOUR BABY, ONLY DRESS THEM IN A DIAPER. DEPENDING ON THE TIME OF YEAR, WRAP A FEW LAYERS OF BLANKET(S) ON TOP OF THEM WHILE IN THE CAR SEAT. NOTHING SHOULD PULL OVER THEIR HEAD AND OMIT SOCKS OR MITTENS UNTIL AFTER THE SESSION IF DESIRED.

WHAT TO BRING

1. MILK/BOTTLES/NURSING ACCESORIES.
2. PACIFIER WITH NO STUFFED ANIMAL ATTACHED.
3. PLUSH BLANKET.
4. DIAPERS/WIPES
5. GOING HOME PAJAMA FOR BABY.
6. TOYS OR SNACKS FOR OTHER CHILDREN.

