

# Bump To Baby Plan

Congratulations! You're going to be having a baby! Whether this baby is your first, third or fifth, this is no doubt an exciting time for you and your family.

There is so much that happens in the weeks and months that pass between purchasing your first pair of maternity jeans to picking out candles for your baby's first birthday cake . . . and well, frankly, it all happens so fast! Well, I can't stop time, but I can help you remember some of the most pivotal moments during that very special first year of your baby's life.



I would love to document the milestones that are most important to you from maternity to when your baby turns one year old. As a photographer, I strive to capture these moments and turn the resulting images into a work of fine art to be treasured forever. Baby photography requires a large amount of planning and an insane amount of patience, and you'll be happy to know I am good at both!

# Maternity Sessions



The pregnancy stage of a woman's life is one of the fastest growing developmental times. You are growing a baby – yay you! I know it's not always comfortable...the cramps, the bloating, the swelling... oh my not feeling so amazing?! It's ok. My job as a photographer is to make you look and feel amazing for just about an hour. Then you can throw your legs up and eat chocolate the rest of the day!

A maternity session is designed to celebrate and document the precious new life growing within. This is one of my favorite sessions as it is a combination of glamour, beautiful belly and romance. A maternity session can be an artistic studio shoot or it can take place at a location of your choice. Some favorites include a local stream or natural field shortly before sunset, one of the many gorgeous parks, gardens or wooded areas in our beautiful city.

These photos will help your children to know how proud you were to be their mother and what a privilege carrying them was.





## WHEN TO SCHEDULE

30 to 32 weeks is perfect for most moms to be. This is a time frame where your beautiful belly is of ample size yet you're not as "puffy" and uncomfortable as you may be in your last 4 to 6 weeks. Though I have shot maternity sessions up close to delivery with beautiful results, feedback from expecting moms has encouraged me to advise clients towards the earlier side where mamas-to-be are feeling their best and are more comfortable than they may be later.

## WHAT TO WEAR

The clothes that you wear during your session will play a vital role in how you feel during the shoot and about your photographs. We really want to show off your beautiful form, so choose a few outfits that accentuate your beautiful body! I love form fitting tops with chunky sweaters or long flowing dresses. You can choose your favorite maternity outfit but solid colors work best. As far as specific colors, it is completely up to you. Personally, I LOVE pastels and whites to create more vintage inspired images. The most important thing is that you feel comfortable, confident and beautiful!

## A LITTLE BIT OF ADVICE

I would suggest pampering yourself before your session. Get your hair and nails done or take a relaxing bubble bath. Put aside a few hours for yourself to just relax and feel fabulous. The best photographs are created when expectant mothers are relaxed, feel confident and are able to just be themselves during the session. Don't forget that this should be a special and fun day for you.



# Newborn Sessions

Newborn sessions are my joy. Those sweet brand new little angels are my muse. Photographing them makes my day and that is why I have chosen to make them my primary niche. This little section will help you to prepare for your session.



## PREPARING FOR YOUR SESSION

1. Once you've contacted me about photographing your newborn, we can set up a tentative date based around your due date. Because babies typically come on their own time, however, once you have delivered you can then contact me to set up the actual session. Babies are best photographed within the first 5-10 days of birth as they are still very sleepy, can be easily posed, baby acne hasn't appeared yet and any signs of jaundice have faded as well. So be sure to contact me as soon as possible to book your session. If you have a C-Section, let me know so we can plan on having an extra set of hands to help out with baby's shoot, whether it is Dad or someone else.

2. When we have scheduled your session we can then talk about what you expect out of it. Whether you want just family shots with the baby, or just posed shots or a combination of both. Let me know before hand if there are certain poses you want me to try with baby or special props that you will be bringing from home. Such as if you or your spouse are into baseball and you want a shot baby posed in a baseball mitt, etc. Any props that have meaning to you will make the photos that much more special.

3. My newborn sessions typically approx three hours, but plan on your newborn session being anywhere from two to four. Because of this, I typically schedule newborn sessions in the morning, around eleven. Babies also tend to be sleepier at this time of day. I am not shooting the entire 2-4 hours. Much of this time is spent switching blankets and props, getting baby fed or diaper changed/cleaning up messes and soothing baby into poses.

4. I shoot newborn sessions at my studio or the clients home. Please ask me if you'd like me to come to your home.

5. Babies are best photographed on a nice full tummy, so shortly before you arrive please feed your baby. It is okay if you wait and feed at the studio as I will need to prepare a bit before we start..

6. I photograph babies without any clothes on, sometimes with a diaper, but otherwise completely naked. Clothes take away from showing how tiny and different newborns are within their first few days of life and also makes it more difficult to capture tiny details such as hands and feet.

7. If Mom, Dad and any siblings are going to be in any shots I suggest wearing simple, light and comfortable clothing for shots. Try to steer clear of patterned materials. But clothing that coordinates.

8. Relax...that is the main thing. A stressed out mommy or daddy makes a stressed out baby. Keep in mind that the baby will be running the show and we will go with the flow. Wake your baby up about 3 hours before the session and try your hardest to keep baby awake, usually undressing them and moving them around does the trick. On session day, please keep other activities/visitors to a minimum. We don't want baby to be totally over-stimulated.





## DURING YOUR SESSION

1. Newborns love to be warm, since they will be naked for the majority of their session, I like to keep the studio about 80-85 degrees is perfect. Layers are your friend.
2. I like to start off the session with doing the family shots and sibling poses first and then move on to posing baby on the beanbag. The key to a quick (if there is one with newborns) session is a very sleepy newborn - so making sure your baby is well fed (but not overly fed) before the session will be helpful. If your baby is nursing, please consider also bringing a bottle of breast milk as they will fill up more quickly than just nursing.
3. I allow plenty of time for feeding, fussing and cuddling during the session. All of the blankets/props I will use are washable, and I'm more than prepared to deal with some pee/poop/spit up. Don't be concerned about those things happening, it's all part of the job!
4. At my studio, there are plenty of seats ... reclining leather chairs, etc. I also have a Keurig and bottled water. Relax, read a magazine, munch on some chips that I provide, watch some tv or take a nap.

## FREQUENTLY ASKED QUESTIONS

### **What should we bring with us for our newborn session?**

Lots of diapers! If you will be formula feeding, also bring lots of extra formula. If you are nursing, be prepared to nurse a few times while you are there. I keep the room very warm for the newbies so please dress accordingly (layers are your friend).

### **Do we need to bring props?**

I've got tons of stuff at my studio including hats, headbands, backdrops, baskets, buckets, you name it. Still, feel free to bring special things that you've bought or family items you want included (monogrammed blankets, heirloom bonnets, a special necklace that will be passed down, etc).

### **Can we do portraits of the new baby and it's older sibling?**

Absolutely, I LOVE sibling shots...but I can't guarantee it for very young siblings. We will try our hardest and I have lots of tricks and different ways to make it happen but I'm sure you know how unpredictable two year olds are...if they want nothing to do with the new baby, sometimes it just isn't possible without massive amounts of tears...from the sibling, and rarely the parent. Something I really suggest is to have a plan for the sibling to be dropped off before or picked up after their portion of the session.

### **When do we pay you?**

On the day of the session is when you will pay the remaining payment in full.

### **What type of payment do you accept?**

Cash or check is preferred but I also accept credit cards and for print orders, have a layaway plan

### **How long after the session will it be before our images will be ready?**

Your images will be ready within two-three weeks. Please go to my website at [jlpwv.com](http://jlpwv.com) and click on client galleries and then click on create an account.