



first day  
PHOTO



Congratulations on the birth of your new baby! We are honored to have the opportunity to capture the first professional portraits of your little one.

Your session will take about 30 minutes. If you are including extended family, that additional session fee provides you additional time to create portraits of those family members with your baby.

Our ideal photography location is a room without direct sunlight, but good window light is great. If you have questions about this, feel free to reach out to the in home session coordinator for assistance in navigating the best location in your home.

We understand the last thing you have time to do is keep a clean house while caring for a newborn. Please don't feel as though you need to pick up at all. If things need to be re-arranged or moved aside we can easily do this while we are setting up.



## For Baby

Cute clothes are great, but a full tummy and a comfortable baby are even better. Before the session, make sure the room temperature is warm enough for baby to be relaxed in whatever outfit you have chosen. As much as possible, plan to have baby eat about 2-3 hours prior to your session time so that you can do another feeding right before your session, finishing about 15 minutes before your scheduled time.

We usually have time for two outfits, depending on baby's demeanor on session day. Be sure to start with whichever outfit is the one you want to make sure to capture.

We do not bring outfits, props or swaddles to maintain infection control best practices. We are happy to use a special blanket or a sentimental item that you'd like to incorporate.



## Helpful items to have on hand:

- ✓ pacifier, if you're using one.
- ✓ swaddle blankets
- ✓ burp cloths
- ✓ pillow with neutral or white pillowcase
- ✓ fuzzy or quilted blanket
- ✓ sentimental items (bracelets, stuffed animal, etc.)



## For Parents

The story begins with you! We love photographing the connection between you and your baby, and encourage you to enjoy participating in your session.

When preparing your outfits, keep the color neutral and design simple. Your hands will have their close-up too, so pay attention to how you'd like your nails to look. Rest assured, we photograph using flattering angles and light to bring out the natural beauty in your family.



## For Siblings

Including older brother/sister(s) in your newborn's portraits is the perfect way to document the expansion of your family.

It's often helpful to have them practice holding baby prior to your session so they are more comfortable when the session time comes. A pillow on the lap works nicely for extra support. We generally work with siblings early in the session so they can be free to play.



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**It is our hope that you feel comfortable during your session. We are delighted that you chose First Day Photo to document this incredible time in your lives, and look forward to getting to know you and your sweet baby!**

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