

Tanya
PRYKHODKO
photography

Newborn Guide



Elegant. Emotional.
Effortless



Tanya
PRYKHODKO
photography

BEHIND THE LENS

Hi, i am Tanya

Hi, I'm Tanya, a newborn and maternity photographer based in Skjetten near Oslo . I created this guide to help families like yours feel more confident and supported as you prepare for your session. With years of experience capturing newborns and the early days of family life, I've learned just how important it is to slow down, stay present, and make space for connection. This guide was created to ease the overwhelm and help you feel fully prepared, so we can focus on what matters most: documenting your baby's story in a way that feels natural, calm, and meaningful.

Welcome to *your* Newborn Session Guide

Let's slow down and soak up this new season you're in.

Bringing home a new baby is magical and messy and everything in between. You're adjusting to a whole new rhythm, and planning a photo session might feel like one more thing on a very full plate. You want the photos to feel tender and natural, but you also want to *feel* comfortable and prepared. Maybe you're wondering how the session will flow, what to dress baby in, or how involved the rest of the family should be. That's where this guide comes in.

Inside these pages, you'll find everything you need to feel at ease before our time together. From what to expect and how to get ready to tips for creating a calm space and thoughtful wardrobe suggestions, it's all here to help things go smoothly. Whether this is your first baby or one more to *love*, this guide is designed to support you every step of the way.

So take a breath, settle in, and let's make space for some truly beautiful memories.



Philosophy: *My Style & Approach*

Motherhood is soft and strong all at once. It is sleepy cuddles, whispered lullabies, and the quiet rhythm of a brand new bond. My approach to newborn photography is built around honoring that tenderness and holding space for the real, raw beauty of these early days.

You will not find stiff poses or unnatural setups here. I guide you gently with prompts and let your connection lead the way. Whether it is you rocking your baby in the soft morning light, a yawn mid-snuggle, or the way your partner melts just watching you hold them, it is all part of the story.

Each session is intentionally slow and nurturing. I want you to feel calm, supported, and completely yourself. No need to rush or force anything. We move with your baby's rhythm, making room for feeding, diaper changes, and pauses whenever needed.

These fleeting days deserve to be remembered with heart. My hope is that every image we create together feels like a reflection of your love, your story, and the quiet wonder of this new beginning.





What to Expect

The most important thing to remember is: your baby is the boss. Every session is guided entirely by your little one's comfort, safety, and needs. My role is to create a calm, gentle environment where we follow their rhythm — so you can sit back, relax, and simply enjoy watching the magic unfold.

I use a carefully designed posing flow to keep babies safe, comfortable, and sleepy throughout the shoot. Too many outfit changes or lots of prop requests can overstimulate your baby, so I recommend bringing no more than one or two special, meaningful items if you'd like to include something personal. Otherwise, I have everything we'll need here in the studio.

I'll gently guide you through everything so you're never left wondering what to do next. No need to stress about how to pose or where to look. I'll offer soft direction and help you settle into natural, loving moments with your baby. We'll capture a mix of connection, tiny details, and the little in-between interactions that often mean the most. Your only job is to show up, love on your little one, and be in the moment. I'll take care of the rest so you can walk away with memories that feel honest, tender, and true to this chapter of life.

When to Schedule?

The ideal time for a newborn session is when your baby is **between 6 and 14 days old**. During this short window, babies are still very sleepy, naturally curled up, and more likely to stay comfortable and relaxed during posing — which allows us to capture those soft, dreamy newborn images you see in my portfolio.

If possible, it's best to book your session while you're still pregnant — ideally during your second or early third trimester. We'll reserve a spot around your estimated due date, and once your baby arrives, you'll simply contact me within the first couple of days so we can set the exact date and time.

All newborn sessions are held Monday to Friday starting at 11:00 AM.

This time of day is ideal because babies are generally sleepier and more settled in the late morning, which helps us achieve the calm, cozy atmosphere needed for those timeless newborn portraits.

If your baby is already born and older than 2 weeks — don't worry! Beautiful images are still absolutely possible. Sessions with older newborns just tend to include more awake moments and natural posing rather than the very curled-up, sleepy poses typical of the first two weeks.



How to Prepare

A little preparation goes a long way toward creating a smooth and relaxed session. Don't worry if everything doesn't go perfectly — newborns are unpredictable, and I always work at their pace. These simple steps will help us make the most of our time together and ensure a calm, cozy experience for everyone.



A Note on Health and Safety

Because I work closely with very young babies, it's incredibly important that we keep the studio a healthy environment for everyone. If anyone in your family is sick (and has not been symptom-free for at least 24 hours), please contact me so we can reschedule.

I thoroughly sanitize and disinfect the studio before each session — including all props, surfaces, and frequently touched areas — and I stay current on vaccinations. Thank you so much for helping me maintain a safe space for your baby and all the little ones who visit the studio.



What to Wear

When it comes to your newborn session, comfort is key. You just welcomed a whole new human into the world, and the last thing you need is to stress about your outfit. The goal here is simple: wear something that *feels like you* and lets you focus on soaking in all those sweet baby snuggles.

Soft, neutral tones always photograph beautifully and help keep the focus on your connection with your little one. Think cozy knits, relaxed dresses, or your favorite linen set. Texture adds depth to your photos, so if you have something layered or lightly woven, even better. Avoid bold patterns, large logos, or anything stiff or fussy that might distract from the magic of these early moments.

- Colors: creams, soft whites, oatmeal, taupe, light grey, muted pastels, or black for a timeless look
- Textures: cotton, linen, fine knits—avoid shiny fabrics and busy patterns
- Do avoid: bright colors, large logos, bold prints, heavy stripes
- Hands & accessories: tidy nails, neutral polish, minimal jewelry, remove smartwatches
- Bring a spare top (milk drips/spit-ups happen)



Studio Prep



Before every session, I prepare the studio with your baby's safety and comfort as my top priority. The entire space is thoroughly cleaned and sanitized, including all props, fabrics, wraps, and surfaces. I use gentle, baby-safe detergents and disinfectants, and every item that will touch your newborn's skin is freshly washed and ready. All high-touch areas are disinfected before each visit to make sure the environment is as safe and hygienic as possible.

The temperature is set to around 25 °C to keep the room warm and cozy, which helps babies stay sleepy and comfortable while undressed. Soft background music or white noise creates a calm and peaceful atmosphere, and everything needed for the session — from wraps and accessories to posing setups — is prepared in advance so we can start right away without unnecessary interruptions.

The parent area is also prepared for your comfort, with cozy seating, refreshments, a changing station, and space for feeding. My goal is to create a safe, welcoming, and stress-free space where you can relax and enjoy the experience while I take care of every detail.



How to Prepare Baby

A little preparation before the session will help your baby feel calm, sleepy, and content, making the experience smoother and more enjoyable for everyone. If possible, try to keep your baby awake for about 30–45 minutes before leaving home. This gentle awake time often leads to a deeper, longer sleep once the session begins, which is ideal for those peaceful, curled-up newborn poses.

Try to keep your morning calm and free of appointments or visitors so your baby arrives relaxed. These small steps make a big difference and help us create a peaceful, sleepy environment where your little one feels safe, cozy, and happy.



Give your baby a full feeding right before you leave for the studio so they arrive with a full tummy. A well-fed baby is usually sleepy and relaxed, and this helps us start the session smoothly. If you live more than 45 minutes away, feed your baby about one hour before the session and plan to feed again when you arrive. Dress your baby in a simple zip-up or button-up sleeper with no layers underneath so we can undress them easily without waking them.

Please bring extra milk or formula, more than you think you might need, as babies often feed more than usual during a session. If you're breastfeeding, try to avoid caffeine the morning of the session and skip gas-causing foods for a few days before.

If you have a pacifier, even if your baby doesn't usually use one, consider bringing it — it can be very helpful for soothing between poses.

What to Bring

The most important things to pack are the essentials for your baby: milk or formula, a few extra diapers, wipes, and a pacifier if you are comfortable using one. Babies often feed more than usual during their session, so bringing more milk or formula than you think you will need is always a good idea. If you're breastfeeding and bottle-feeding expressed milk, a couple of bottles can make feeding breaks easier.

If you have a special item that holds sentimental value — such as a handmade blanket, family heirloom, or a small toy — you are welcome to bring it along. These personal touches can add beautiful meaning to your images. Otherwise, you can simply arrive with your baby and their essentials, and I will take care of the rest. My goal is for you to walk into a space that's already prepared for every detail, so you can relax and enjoy this special time.





— Imaan adeel Saeed

THOUGHTS ON OUR EXPERIENCE

“

We had such a wonderful experience with Tanya during our family and baby photo shoot!

From the moment we arrived, she was so warm and welcoming, which instantly made us feel at home. She has a natural way of making everyone – even our little one – feel comfortable and happy, which made the whole session relaxed and fun.

The photos are simply stunning. Tanya captured such beautiful, natural moments of our family that we will treasure forever. Her attention to detail and creativity really show in every picture, and the quality is truly next level.

Tanya is professional, patient, and incredibly talented. She guided us through the shoot with helpful tips and made sure everything went smoothly. We couldn't be happier with the results and will definitely be coming back for future sessions. Highly recommended! Thank you for your time and work ❤️

Dear parents



IMPORTANT INFO!

I'm not just your photographer — I'm your certified baby whisperer. With professional newborn safety training, I know exactly how to soothe, pose and protect even the tiniest clients, so you can feel calm and relaxed during your studio baby photoshoot.



Including Siblings

Including big brothers and sisters in your newborn session is a beautiful way to capture the story of your growing family. These portraits are often some of the most meaningful images from the day, so I photograph them first while your older child is fresh, curious, and engaged. Because younger children have limited attention spans, we usually finish sibling and family photos within the **first 30–45 minutes** of the session.

If possible, please arrange for a friend or family member to pick up your toddler or take them home once their part is complete. The rest of the session can **last up to three hours**, and little ones often become bored and restless if they need to stay for the full duration. If that isn't an option, bring a tablet, books, or a favorite movie to keep them comfortable during quiet moments.

For clothing, simple and neutral always photographs best. Choose outfits without bold patterns, logos, or bright colors. Soft textures and solid tones keep the focus on connection. For girls, natural hair or simple braids with minimal accessories look beautiful. For boys, a fitted t-shirt with jeans works perfectly. If you'd like your toddler to be shirtless, a quick chat at home beforehand helps them feel prepared and confident.



Including Siblings

How we keep it smooth (and sweet)

1. Timing: Sibling portraits come first (30–45 min) with a fed and rested child.
2. Tiny jobs = big cooperation: “You’re the Blanket Boss / Kiss Counter / Teddy Guard.” A simple role works wonders.
3. Practice at home: Gentle butterfly touches, cheek-to-cheek cuddles, and one soft forehead kiss.
4. Wardrobe: Simple solids and soft textures, no big logos. Bring a spare top for parents, just in case.
5. Comfort kit: Snack, water, favorite book/toy, and a small after-photo reward.
6. Kid-friendly safety rules: “We’re statues near the baby. Only Tanya moves the baby. No lifting — ever.”
7. Exit plan: After sibling photos, one parent can take the big kid for a walk or play while the newborn portion continues calmly.

Client area & supervision

I have a cozy client area with a small play corner to help siblings feel at home. **Please note that parents must supervise their children at all times.** The studio contains professional equipment and delicate props; parents are responsible for any damage caused by unattended play. Thank you for helping me keep the space safe and calm for everyone.





“

Hun er superflink,
veldig hyggelig og
profesjonell.

Vi hadde baby-shoot hos Tanya 12. juni, etter at vi ble imponert over hennes bilder på Instagram. Hun er superflink, veldig hyggelig og profesjonell. Lokalet var stort, vi fikk eget omkleddingsrom og ble tilbudt kaffe og komfortable sitteplasser. Studioet har eget bad og dusj, og Tanya har kjøpt bleier og utstyr hvis man trenger det. Vi vil gjerne anbefale henne videre til alle som ønsker en topp babyfotograf, for en god opplevelse for mor, barn og far. Vi gleder oss til å se bildene, vi fikk en sniktitt og de ser fantastiske ut 🥰 Tusen takk, Tanya!

— **Christian Borlaug**.



Answers to your Questions

You've got questions and I've got answers. I know booking a newborn photographer can feel like a big decision because this season is so tender, personal, and fleeting. Whether you're wondering how the process works, what's included in your session, or how to prepare your home and baby, this space is here to bring you peace of mind. I want you to feel supported, informed, and truly excited about capturing these early days. Take a look through the most common questions parents ask, and if something is still on your mind, just reach out. I'm always happy to help.

WHAT IF MY BABY ARRIVES EARLY OR LATE?

I hold flexible newborn bookings because babies rarely arrive on schedule. Reserve while pregnant (we pencil in your due date), then message me within a day or two after birth. Newborns get priority rescheduling so we can stay in the ideal 6–14 day window. There are no rescheduling fees due to early or late delivery.



HOW LONG DOES A SESSION TAKE?

Newborn sessions usually last between two to four hours. We take our time, follow baby's lead, and make space for feeding, diaper changes, and cuddles as needed. No pressure, no rush: just a gentle pace.

Q & A

Q: DO YOU RETOUCH THE IMAGES?

Yes—natural retouching is included. I gently soften temporary newborn skin issues (flaking, baby acne, minor scratches or redness) while keeping your baby looking real and fresh. If you'd like to keep certain details—like peeling that shows “newness”—just tell me. Umbilical cords are left as they are unless we pose to cover them.

Important: I do not retouch nails (on adults or children). Please arrive with clean, neatly trimmed nails and no chipped polish; neutral or bare nails photograph best.



Q & A

Q: CAN WE PRINT OUR PHOTOS WITH YOU?

Of course! You'll get full access to your entire gallery, plus the option to order prints, albums, and keepsakes designed to help your memories live on beautifully for years to come.

Q: CAN WE PRINT THE IMAGES OURSELVES, AND WILL THE COLORS MATCH WHAT WE SEE?

You're welcome to print on your own; however, consumer labs often apply auto-corrections and use non-calibrated equipment, which can cause visible color and density shifts. I can't guarantee or be responsible for print quality or color accuracy from non-professional labs. For color-accurate, archival results that match your gallery, please order prints, framed pieces, and albums through me—I manage professional lab production, calibration, and quality control.



Q & A

**Q: WHERE DO WE PARK
AND CAN WE FEED
COMFORTABLY?**

There is free parking by the studio and a comfortable private area for feeding and changing so you can settle in and relax.

**Q: CAN WE REQUEST
SPECIFIC POSES OR
PROPS?**

You're welcome to share favorites. I'll always prioritize safety and baby comfort and may adapt or skip poses that aren't safe or that your baby doesn't enjoy.

**Q: WHEN WILL WE
RECEIVE OUR
PHOTOS?**

The full edited gallery will be ready within two to three weeks after your choice and payment and delivered through an online gallery you can easily download and share.



Q & A

Q: CAN WE TAKE BEHIND-THE-SCENES PHOTOS?

Yes—quick phone snaps are welcome. Please avoid flash and stay in the parent area so I can focus on baby safety and posing. If you share BTS on social media, I'd really appreciate a tag to my studio account (you'll find it in your booking email). Sharing your experience helps other families understand what a session feels like, and—with your OK—I may reshare your Stories or posts. You're also welcome to DM or send me your BTS clips!

Q: WILL YOU SHARE OUR IMAGES PUBLICLY, AND HOW DOES PERMISSION WORK?

Only with your permission. If you say yes, I may use a small, curated selection in my portfolio, website, social media, studio samples, and promotional materials. You can choose all, none, or selected images only (for example, details without faces), approve studio-only display (no online), request no tags/geotags, or ask me to delay sharing until a date you choose. If you prefer full privacy, write me message or email “No sharing” —there is no pressure and no impact on your pricing or experience.

Q & A





After the Session

Proofing & Selection

- Your private online proofing gallery arrives within 1–5 days after the session.
- You have 14 days to mark favorites and finalize selections.
- If no selections are made within 14 days, the proofing gallery is deleted. Restoring it later for choosing carries a 1000 NOK reactivation fee.

Retouching & Final Delivery (Digital Files)

- Retouching begins after you finalize your selections and takes 2–3 weeks.
- When finished, you'll receive a private, shareable online gallery with:
 - High-resolution files for printing
 - Web-resolution files optimized for sharing
- RAW files and unedited proofs are never delivered.

Ordering Prints & Products

- After selections, you can order loose prints, framed artwork, laminated prints on backing board, and albums via the gallery shop or a short ordering call. I can help with sizes, pairings, and layouts.

Delivery Timelines

- Digital files: 2–3 weeks after final selection
- Prints, small products, framed & laminated pieces: 3–5 weeks (lab and season dependent)

Pickup & Shipping

- Pickup at the studio in Skjetten with free parking, or choose tracked shipping.

Gallery Availability & File Responsibility

- Your final delivered gallery will remain online for up to 6 months from delivery, after which it will be removed.
- It is the client's responsibility to download and back up all delivered files promptly. I do not provide long-term storage beyond the timeline above and am not responsible for lost files after the gallery expires.
- Recommended: keep at least two backups (for example, a cloud drive and an external hard drive).



I celebrate your family. I honor your journey.

Thank you for trusting me with your baby's first days—it's an honor I hold close.

My promise is a calm, safe space where you can exhale while I gently capture the tiny details you never want to forget.

**HUGS,
TANYA**

YOUR PHOTOGRAPHER

Tanya
PRYKHODKO
photography