

# LIFE LAB PHOTOGRAPHY NEWBORN PREP GUIDE





*Hello*

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## LET'S MAKE SOME MAGIC TOGETHER

I'm so glad you are checking me out as your potential photographer!  
By taking this first step, you are looking to invested in your family legacy by creating Images that will be gazed upon for generations to come. My name is Angela, I am Te Awamutu based and have a purpose built studio at my home and I would love to work with you, Go check out my website [www.lifelabphotography.co.nz](http://www.lifelabphotography.co.nz) and my other social pages and see if we are the perfect fit for each other 😊  
I can set up a time to call and chat about my incredible collections that I have on offer.

[www.lifelab.photography@gmail.com](mailto:www.lifelab.photography@gmail.com) 0211413813

*Angela x*

# Color Palettes

IDEAS FOR EVERY SEASON

## SPRING



## SUMMER



## FALL



## WINTER



## USING COLOURS IN YOUR SESSION

I stock a range of mostly muted tones, and Neutrals and I enjoy working them in to sessions, I stock a large range of wraps flowers and textures and props all for your use.



## SAY *yes*

- Earthy, muted colors
- Solid colors
- One outfit with a pattern
- Comfortable fits

## SAY *no*

- Neon colours
- Large logos, words or characters on shirts
- More than 1 busy pattern
- Too tight or too baggy fits





# Booking your session

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## THE PREP

Newborns are photographed in the morning only. We take newborn appointments generally at 10 - 10-30am. For babies that are older than 3 weeks, we schedule 10.30 - 11am, depending on the babies sleep schedule.

Newborn babies under 2 weeks generally are best first thing in the morning as they have been up all night. As they get older they are more awake in the morning, which is why we will schedule the older babies a tiny bit later. We have learned from experience that newborns in the afternoon or early evening are generally not as comfortable and therefore we do not photograph newborns at this time.

If you have pre booked your session, we ask that you contact our studio 24-48 hours of having the baby. Let us know if everything went according to the birth plan, and the weight of the baby. The weight of the baby is important to us to determine if we should keep your current booking date, or adjust accordingly. We find that session dates always seem to work out, as most of our clients are pre booked and can be adjusted. Our wish is for healthy babies always. When you have your baby, please let us know via telephone or email the baby stats. 0211413813 lifelab.photography@gmail.com

**Date/time baby was born**

**Weight of baby**

**Name (if known)**

Delivery/postpartum results - we would love to know that everything went according to the birth plan. We would like to know If there are issues such as jaundice, NICU time, extended hospital stay or any other issues regarding the health of the baby. Knowing these items is so important to help us schedule the baby in a timely manner.

Most newborns are scheduled anywhere from 8-14 days after the birth. The timeframe usually varies based on the baby weight and progression. A baby born around 5-6 lbs may be scheduled around the 14th day, whereas a baby born 7-8 or 9 lbs, may be scheduled around 8-12 days. We do suggest newborns be scheduled within the first two weeks.

A newborn is considered so for 6 weeks. As a newborn progresses in development the bones harden and they tend to “uncurl” and stretch out more. A newborn photo session can successfully be achieved at any of these weeks with special care and prep. This guide should help in providing this information, for newborns of any age.

It is important to understand that newborns are not turned away for their age, however; certain poses may not be possible as they get older.

# Your Day

## WHAT TYPE OF SESSION TO CHOOSE



I am incredibly fortunate to have a custom studio and can offer 2 types of session or a mix between both,

The first being My Family Newborn Session - This has 4 different newborn set ups that you have expressed your interest in, it also has the tonal colour range of your request, and family images are a little more posed and traditional. see the example sessions next

The 2nd is my Lifestyle Newborn Session - This is way more relaxed in style, baby led un posed images, the family images are captured in a bed setting on the floor rug and against the white walls of the studio (please note this style is also available in your own home and make stunning images) see the example images next



# The Family newborn

## EXAMPLE SESSION



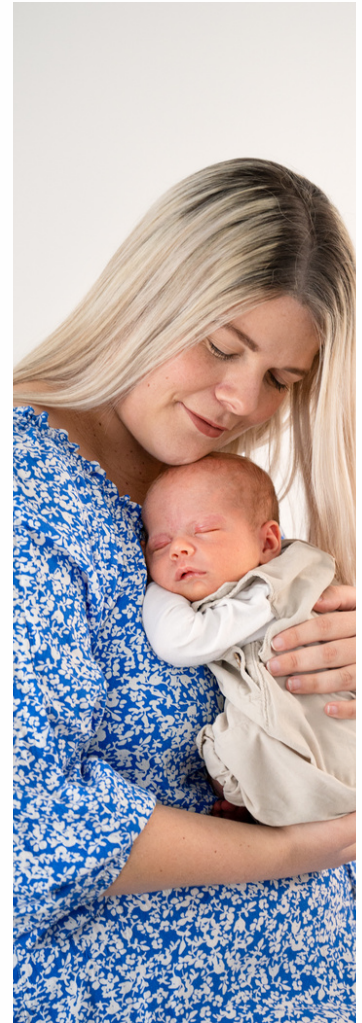
# The Family newborn

## EXAMPLE SESSION



# The Family newborn

## EXAMPLE SESSION



# The lifestyle Newborn

## EXAMPLE SESSION



# The lifestyle Newborn

## EXAMPLE SESSION



# The lifestyle Newborn

## EXAMPLE SESSION





*The Day Of*  
YOUR NEWBORN SESSION



## WHAT TO BRING

- dress baby in loose pyjama
- pacifier
- spare diapers
- baby's blanket
- extra bottles
- drink bottle
- snacks for toddler and Mums and Dads
- any newborn keepsakes or special items you would like to use

If baby normally does not take a pacifier, please bring it just in case. Newborn sessions are new to your baby and they often want to self soothe by sucking more often than normal. Using a pacifier during a session will not encourage bad habits - we promise!

We want you to be nice and relaxed during your session. Newborns generally respond to your energy and therefore the more relaxed and comfortable you are the more chances of a successful newborn session we can expect to have.





After

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YOUR NEWBORN SESSION



# After the session

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## 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 3 days after our session, I will present you with an unedited online gallery of the best photos taken during our session. You will be able to make your print and digital selections from this gallery, depending on the package you chose.



## PRODUCT DELIVERY

2-3 weeks after placing your order for prints, albums, or wall art, I will deliver your gorgeous products to your door, ready for you to proudly display in your home.



# Print your photos

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## PRINTING GIVES LIFE TO YOUR IMAGES

While capturing these moments with your family and scrolling through them on a phone or computer is enjoyable, there is nothing quite like tracing your fingers over a printed image of the smiles and faces so dear to you.

Hard drives fail, and digitals get forgotten. The best way to make these memories something you can delight every day is to keep it where you can connect with it every day - display it on your walls, make prints to pass around, and page through an album filled to the brim with all the moments that make up your family's story.



### 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. Superior color reproduction and fine art papers make a luxurious product to swoon over.



### WALL ART

Whether you choose a classic frame or a modern canvas, these pieces of art are crafted with Quality materials to provide an archival product that will be a statement on the wall that will take your breath away every time you pass by.



### ALBUMS

Heirloom albums are meant to be passed on from one generation to the next. Album pages are printed on thick pages rich with color and are perfect for little hands to page through year after year as they see their family story unfold.



# Frequently Asked

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## **I FORGOT TO SCHEDULE A NEWBORN SESSION IS IT TOO LATE?**

It is never too late to have your baby photographed. It is important to manage expectations of a session. Curly sleepy newborn photos are never guaranteed but usually achieved with babies under 2 weeks. A 6 week baby may sleep during a session and have awake time, but may not be able to curl into womb positions or want to be wrapped. We do believe that generally babies can be successfully photographed at any age.

## **WHAT IF MY BABY DOESN'T SLEEP?**

Many babies do not sleep thru their session. Some are wide awake the entire time!! We can usually still achieve some amazing images, especially if they are wrapped!

## **WHAT IF MY BABY CRIES?**

Babies are babies and they will cry! We do everything we can to soothe and comfort them and surround them with a comfortable environment. Angela has been working with newborns for 6 years straight and as a Mother herself has many soothing techniques and tips.

## **WHAT IF WE CAN NOT GET ANY GREAT BABY PHOTOS? DO I GET A REFUND OR A RESHOOT?**

Angela has a very successful record for being able to achieve a wide variety of newborn images even with fussy babies. We will do everything we can to achieve newborn images and soothe your baby. In the event that photographing your baby seems impossible, Angela will discuss options with you during the session.

## **OTHER CHILDREN AND OUR DOG?**

Please take a look at the session fees. We have session fees for photographing baby only, or for a full newborn family session. If you would like to include the parents, siblings and any other family members, please chose the family newborn session option.

# Frequently Asked

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## **HOW MANY IMAGES DO YOU PROVIDE**

Sessions can be anywhere from 2-3 hours and the amount of images captured depends on how well the newborn is doing during transitioning of the poses. A newborn solo session can have anywhere from 50-100 images captured, whereas a family newborn session can have anywhere from 75-200 images captured. Angela will go thru your session images and eliminate any duplicates or blurry images and remove them prior to your ordering. You will then see the images and choose images for any package purchased or decide on what items you want to purchase.

## **MY BABY STILL HAS THEIR UMBILICAL CORD ON, IS IT OK TO TAKE PHOTOS?**

Yes! Most babies that come still have their cord on, as it may take a full two weeks for it to fall off. Some babies even loose their cords during their session! When babies are wrapped, we wrap with their diaper on and cover the cord so that it does not catch on the fabric. When they are naked, we gently can cover the area to keep it protected. We are very cautious with newborn babies and we are aware of the post delivery care that is needed.

## **WHAT IF MY TODDLER DOES NOT COOPERATE?**

Children are children, and we do the best we can when working with them of any age. We have quite a few tricks up our sleeves and with your permission we can offer them treats or incentives for capturing sweet images.

## **IS THERE RETOUCHING? MY BABY HAS ACNE AND MY TODDLER HAS A SCRATCH ON THEIR NOSE!**

YES! There is always retouching available. Standard retouching is included, such as removal of acne or assistants who are spotting. For more advanced changes such as head swaps or colour changes, they may require an additional charge.

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## TODDLERS AND NEWBORNS

Over the years, many of Angela's clients come back again and again with their growing families. We welcome children of any age and we are well aware of how unpredictable the behaviour of a toddler or child can be, regardless of the prep. More often than not, naps are skipped, tantrums happen and finding a perfectly well behaved toddler is rare.

In newborn sessions, we start with one set of the newborn first, as this allows us to focus on settling the newborn and making sure they are comfortable. We will discuss with you the order of photographing sibling and family sessions. We generally try and get your newborn settled and sleeping first and then add the toddler afterwards. Angela tries to shoot quickly keeping in mind short attention spans. Generally, the first half hour is spent with the newborn and then we will add in the toddler or other children as available and then working with family in the end. Dads often need to go to work or leave early. Please let us know if this is the case, and we can accommodate the family session earlier on in the session.

Pets are as unpredictable as children. While we welcome pets, please understand we can not guarantee success all the time with pets.





# A Little Love

## KIND WORDS FROM KIND FOLK

Thank you Angela for going above and beyond with the beautiful photos you took of my maternity, newborn and Christmas pictures!! Highly recommend too anyone wanting high quality photos taken. Will definitely be coming back xX  
Ruahine



Couldn't recommend more highly! We're soooo stoked with our first wee photo shoot as a family. Ange made us all feel so welcome and at home in her beautiful studio, especially when it came to our little one. An actual baby whisperer! Thanks so much again for the epic memories we'll treasure forever x  
Jorja



Angela has been an absolute dream to work with. Angela does our yearly Christmas photos and photographed our recent maternity/newborn shoot. I discussed my vision for the maternity/newborn photos with Angela and she nailed the brief. The photos came out more amazing than I could have imagined and will be treasured for a lifetime. Angela is amazing at what she does and is super easy to deal with. I highly recommend Angela to anyone looking to have their special moments captured for life.  
Ronja





*Get in touch*

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[www.lifelabphotography.co.nz](http://www.lifelabphotography.co.nz)

281/3 Pirongia Road, Te Awamutu, long driveway,  
passed large sheds, hidden behind a long hedge.