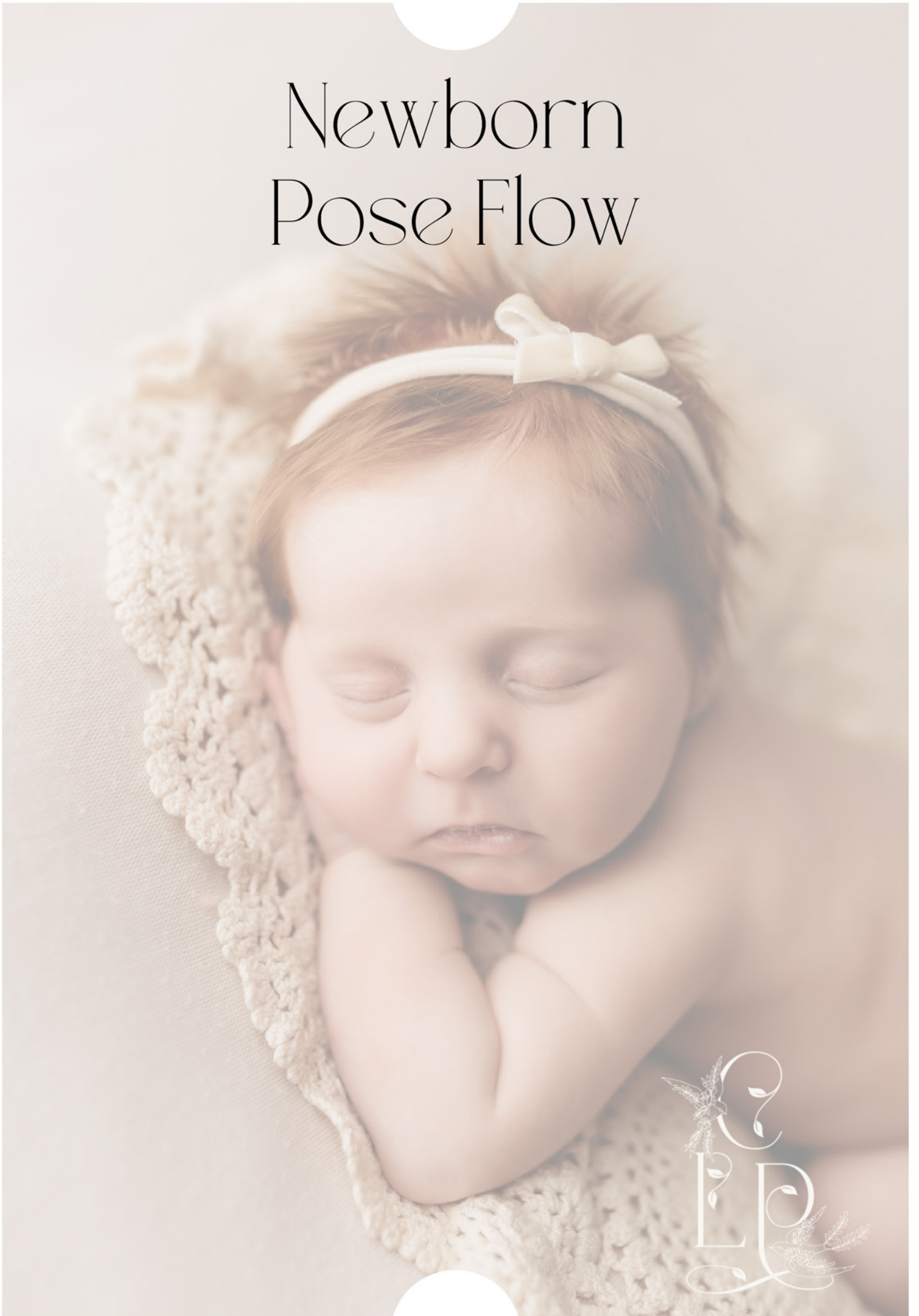


# Newborn Pose Flow



# About Me

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My journey as a photographer started back in high school. I was always the girl with the camera. Things got more serious after my friends started having kids and I dove in to learn everything I could. I have called myself a photographer for 8 years now and have learned a lot in that time, but I still learn new things every day. I am not an expert on everything, but I consider myself successful because I have happy clients and I love what I do!



I am SO glad you decided to get this guide...because it takes guts to invest in yourself. Trust me, I know. I remember spending countless hours poring over every article, video, and Pinterest Pin I could find. I hoped to soak up every drop of information I could to become the artist I yearned to be. Looking back, the knowledge and encouragement shared with me by other photographers was what always seemed to stick with me most and propel me forward in my photographer journey. Because of this, I am ready to give back...plus I have a heart for teaching, and seeing other photographers reach their goals and grow in their art makes my heart happy. I've also found investing in education is the best investment you can make!

xoxo,  
Crystal

# Newborn Pose Flow

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Okay. Let's be honest. Newborn sessions are HARD! It takes a lot of dedication and PRACTICE to really figure out what works...don't give up! When I first started, I tried to master 1 pose each session. Don't rush through them...focus on the pose and how to tweak it to make it look the way you are wanting. Do model calls to practice so there is less pressure to get a lot of images. You can do this!

I have created this free guide to help you with your pose flow. If you love this guide and want more, check out the other guides you can purchase. I also offer one on one mentoring!



# Posed Newborn Flow

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Prop- potato wrap

## Posing Tips:

- Have baby's head elevated and not laying flat
- Tilt baby's head back so chin does not touch chest
- Have light flowing from the side from forehead down across the face
- Shoot from above



Prop- potato wrap  
(second time)

## Posing Tips:

- Have baby's head elevated and not laying flat
- Tilt baby's head back so chin does not touch chest
- Have light flowing from the side from forehead down across the face
- Shoot from above



Prop- egg wrap

## Posing Tips:

- Have baby's head and body curved in like a C (not straight)
- Tilt baby's head back so chin does not touch chest
- Tuck legs up on top of belly
- Have light flowing from the side from forehead down across the face
- Shoot from above

# Posed Newborn Flow



Prop- criss cross

## Posing Tips:

- Tilt baby's head back so chin does not touch chest
- Have feet together to show toes
- Have light flowing from the side from forehead down across the face
- Shoot from above



Dog bed- wrapped

## Posing Tips:

- Pull the backdrop tight to get rid of all the wrinkles
- Have light flowing from the side from forehead down across the face
- Shoot from above



Dog bed- tucked in

## Posing Tips:

- Pull the backdrop tight to get rid of all the wrinkles
- Have light flowing from the side from forehead down across the face
- Shoot from above

# Posed Newborn Flow



Dog bed- Macro

## Posing Tips:

- Shoot at a high aperture since you are getting close to subject
- Use manual focus if AF won't work
- Have light coming from the side



Table- Egg wrap

## Posing Tips:

- Pull the backdrop tight to get rid of all the wrinkles
- Have light flowing from the side from forehead down across the face
- Point body back away from head and light
- Posing bean under head and bum



Table- Side lying

## Posing Tips:

- Pull the backdrop tight to get rid of all the wrinkles
- Have light flowing from the side from forehead down across the face
- Point body back away from head and light
- Posing bean under head and knees/feet

# Posed Newborn Flow



Table- bum up

## Posing Tips:

- Tilt baby's head back so chin does not touch chest
- Point body back and away from light
- Have light flowing from the side from forehead down across the face
- Posing bean under head and bum



Table- froggie

## Posing Tips:

- Keep hands on baby at all times! Take two shots and make a composite
- Posing bean under feet/elbows
- Smaller posing bean under bum
- Have light flow down forehead across face
- Bring feet up next to elbows



Table- timber

## Posing Tips:

- Lay baby to the side from froggy pose
- Have light flowing from the side from forehead down across the face
- Make sure foot is touching elbow

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# Posed Newborn Flow



Table - womb

## Posing Tips:

- Tilt baby back and criss cross feet
- Have light flowing from the side from forehead down across the face
- Make sure hand is under chin and feet are next to cheek

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Table- head on hands

## Posing Tips:

- Bring baby to belly position with feet “frog legged” behind them
- Have light flowing from the side from forehead down across the face
- Layer hands on top of each other with chin resting on them.

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# Ebooks: COMING SOON

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Who wants more?! I plan to create more Ebooks about other types of sessions:

- Maternity in Studio/Home
- Maternity at Sunset
- Newborn Studio
- Newborn Lifestyle
- Milestones
- Boudoir
- Couples
- Urban
- Newborn Wrapping
- Newborn Lighting

STAY TUNED!



# Videos: COMING SOON

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Who wants more?! I plan to record some videos as well!

- BTS of me shooting different sessions
- Editing
- Culling
- CRM- Iris Works
- Styling

STAY TUNED!





Crystal  
Rawbough  
*photography*