



PROFESSIONAL CHILD, FAMILY & MATERNITY PHOTOGRAPHY

A FEW FAQs ABOUT YOUR NEWBORN SESSION



THE PERFECT AGE

SOFIA PREFERS TO PHOTOGRAPH HER LITTLE SUBJECTS UNDER 15 DAYS OLD.

8-10 DAYS IS THE BEST MOST IDEAL TIME. (I CAN SHOOT UP TO 23 DAYS BUT I CAN'T GUARANTEE AS MANY OPTIONS). OLDER NEWBORNS TEND TO SLEEP LESS & DON'T CURL UP AS EASILY.

TAKE NOTE!

NEWBORN ACNE & CHOLIC MAY FLARE UP AROUND 2 WEEKS OF AGE. MILD JAUNDICE IS NORMAL & CAN BE EDITED THROUGH PHOTOSHOP. IF YOUR BABY HAS A SEVERE RASH, **PLEASE SEND ME A PHOTO** SO I CAN DETERMINE IF WE ARE OK TO PROCEED WITH THE SESSION.

SESSION TIME

SOFIA OPERATES HER SESSIONS ACCORDING TO EACH INDIVIDUAL NEWBORN. IT'S NOT UNCOMMON FOR THE SESSION TO LAST UP TO 3 HOURS ALLOWING PLENTY OF TIME FOR FEEDING AND COMFORTING IN BETWEEN TAKES

SAFETY FIRST!

I AM VERY WELL TRAINED IN HANDLING & SOOTHING NEWBORNS BY DOCTORS, MIDWIVES & THE TOP NEWBORN PHOTOGRAPHERS IN THE U.S.A. HAVING HANDLED MORE THAN 100 NEWBORNS, I AM VERY COMPETENT AND YOU CAN REST ASSURED THAT **YOUR BABY'S SAFETY IS ALWAYS #1 PRIORITY FOR ME AT ALL TIMES.**

CHEAT SHEET FOR PICTURE DAY

USE THIS STEP-BY-STEP
CHECKLIST TO PREPARE FOR
THE BIG DAY AND ENSURE
FABULOUS PHOTOS



The Day Before

- Don't schedule vaccinations the day before your session!
- Tire baby out with stimulating activities so he/she will want to sleep the next day.

- Keep baby awake at least 90 min. prior to the session
- Feed baby until she is completely full
- To avoid red marks, ensure that the diaper or any clothing isn't strapped on too tightly on baby
- Clothe baby in something easy to slip on and off without causing disturbance

The Day Of



Things to Prepare & Bring:



FOR BABY

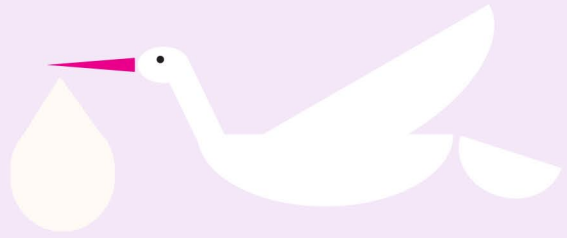
- It's pretty simple. The baby/ies will be with Sofia 90% of the time (moms, you can rest!) so **1-2 Bottles of Breastmilk OR Formula. are required** (Babies that are FULL sleep better and longer).

Nipple confusion does not happen in one feeding; the objective is to get the best possible photos in the time that we have. You may speak to your OBGYN or PEDRIATRICIAN more about this. If you prefer to breastfeed (which I fully support) that's okay too.
- **Pacifier** (just for this session -to help in soothing)
- **Baby blankets** (2-3 pcs)
- **Cloth wipes** (2-3 pcs)
- **Extra diapers** (2-3 pcs)
- **Any special props** you wish to include in the photo



FOR PARENTS

- **2 Sets of Tops:** 1 plain white top & 1 plain black (or dark) top
- Extra set of **pants**
(Newborns love to poo & pee on mom and dad!)
- Since the sessions are quite long, parents are free to stay in the waiting area outside the studio. You may bring along your **Reading Materials / iPad / Snacks to keep you busy.**



During the Session

- Expect the session to be **HOT**. Since the newborn will be naked most of the time, I need to keep the room at a crisp **85 degree temperature**.
- Parents should **prepare to dress for the heated room**.
- **Natural light** is used as much as possible (weather permitting it is a nice sunny day outside). I adjust depending on the light conditions.
- The surrounding environment should be **quiet and relaxing** - free from loud noise & distraction!
- The baby will be with Sofia 90% of the time and will ask for your help when / if needed. **You need not worry!**

MORE ABOUT HOME SERVICE

*FOR THOSE WHO LIVE OUTSIDE METRO MANILA, WE ALSO DO
OUT OF TOWN SHOTS (TRANSPO RATES WILL APPLY)

► Props

I bring my portable props(i.e. headpieces, cocoons, slings, hammocks & hats.), lights (if needed), and cloth backgrounds to your location,

Large props like scales, glass, baskets, paper backgrounds, studio lights etc. are excluded at this time due to the nature of their fragility.

► Lighting

If you live in a CONDO / APARTMENT / TOWNHOUSE, I will need a Photo (prior to the shoot) of the brightest portion of your house where the sun come in. At times, there is not enough light in the room and take note that window TINT can affect the image quality as well.

The brightest area can sometimes be your kitchen or front door (I've done shots here before). The bigger the windows (floor to ceiling preferred) the better.

LOOKING FORWARD
TO MEETING YOUR LITTLE ONE!



the STORK STUDIO

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FOR MORE INFORMATION, PHOTOS & UPDATES VISIT:

WWW.THESTORKSTUDIO.COM



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