

# JAFNA JAED PHOTOGRAPHY

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## **NEWBORN PREPARATION GUIDE**

Thank you for choosing Jafna Jaed photography as your newborn photographer. I look forward to working with you. Newborn sessions are recommended to be done before 4 weeks of age (preferably between 7-21 days) while they are still in that sleepy and curly stage. After four weeks of age, they tend to be disturbed more easily while sleeping and it is not as easy to get the true newborn poses and look. They can also become colicky or baby acne can start to flare.

In order to ensure that the newborn session runs as quickly and as smoothly as possible, please follow these steps:

### **WHAT TO EXPECT**

- \* Newborn mini session usually last between 1-2 hrs and full session 2.5 -3.5 hrs. So please plan for that. Feel free to bring your own refreshment.
- \*Please expect my studio will be warm in order to keep the baby comfortable and sleepy. I will have white noise playing loudly in the studio to keep the baby calm and soothed
- \*In full session, family shots and siblings will be shoot towards the end of the session. If you are bringing an older sibling, it is advised that you bring someone who can take them out for a while until we finish up with the individual newborn shots. Since newborn session are longer and studio is very warm, siblings specifically toddlers may get uncomfortable & bored and can be a distraction if they are running around while we are trying to settle a fussy or an awake newborn.
- \*As my studio doesn't have a lot of seating room and is kept very warm, I kindly ask that you do not bring extra family members/friends with you to the session who are not involved with the shoot.
- \*Newborn headbands, hats, wraps and props will be provided.
- \*Please know that babies pee and poo on everything and you don't need to worry. Everything is washable.

### **HOW TO PREPARE**

- \*Please try to be keep the baby awake and active 45 min to 1 hour (no longer) before the session so that the baby sleeps during the session. Ideally, we want the baby to sleep during the session. Without this, we spend too much time getting them to sleep.
- \*If you breast feeding, try to avoid eating anything spicy (i.e., pizza, hot sauce, etc.) or anything that will cause gas and might upset baby's tummy 24 hours prior to the session. A gassy baby will not pose well

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during the session due to their little tummy being upset. **\*\*PLEASE AVOID DRINKING COFFEE IF YOU ARE BREASTFEEDING\*\***

\*Please ensure your baby has a very full belly for the session. Feed baby just before you leave for the studio (at least 20 min before the session) If they are offered feeding in the studio they may wake up and has trouble falling back into a deep sleep.

\*Dress baby in loose fitting clothes to avoid disturbing baby when getting undressed. A simple sleeper is best. Please AVOID onesies or anything that has to be pulled off over baby's head.

\*Please bring changing mat, extra wipes, extra blankets, extra bottles if your Baby is bottle feeding.

\*Please bring soother or pacifier if you are using one

If you have any questions do not hesitate to contact me prior to the session.