

Newborn Photography Tips

Heather Reinhart Photography

Newborns are best photographed when they are 5-12 days old.

Keep them warm! Use a space heater; 85 degrees is ideal. If you're not sweating, it's not warm enough.

No flash! A flash in baby's eyes during the first 12 months can harm eye development. Natural light is best. Place them near a window, but avoid direct sunlight as it will wash out features and make it difficult for baby to sleep.

Quiet! Run a fan or use white noise and limit distractions including pets.

Safety first! Be cautious of their head and neck. No froggy pose! Hammock only with support.

Hands on! After moving an infant, keep your hands on them with gentle pressure until they settle into the new position. Pat bottom to calm. When holding, rock or bounce lightly.

If baby gets fussy, this is an ideal time to take photos with mom/dad holding them. Stop to feed if needed. Better to take the time to feed than try to force a pose and get bad photos.

Props: Beanbag for posing, Boppy pillow, Swaddle wraps, baskets, blankets, rugs, backdrop stand and clips, hats and headbands... cloth diapers or small towels for propping. Incorporate special toys and blankets from the family. Thicker, textured blankets are better as they are less likely to wrinkle.

Plan 3-4 setups. Baby is not likely to cooperate longer than that and the more you move them the more irritated they will become. Limit outfit changes.

Bring wipes and extra blankets—pee and poop are likely to happen. Layering helps, put put pee pad in-between if needed.

Get close! When baby is fast asleep, get in close to photography the tiny details: nose, ears, feet, hands...

Put baby in crib to show how tiny he/she is.

Before session: Wash anything that will touch baby (blankets, hats...) with a perfume-free detergent.