

marta chodur  
PHOTOGRAPHY



*Preparing for your*

NEWBORN SESSIONS

# YOU BOOKED A PHOTO SESSION

## *now what?*



You're having your portraits done! Yay! You're longing to have beautiful pictures, so you finally booked a session to capture these precious moments ... but now you're totally nervous and dreading the session.

## *Don't worry!*

Most people feel self-conscious about being in front of a camera (me too!). But my goal is to make this a fun relaxing experience! I've done hundreds of sessions of all kinds, and I'm here to tell you, as soon as you get that first shot clicked, the nerves will dissipate.

## *Promise.*

In the meantime, here are a few things to prepare for your photo session!

# HERE'S THE SKINNY

## *what to expect...*



### WHAT TO BRING?

Please bring : diapers, wipes, pacifier EVEN if your baby does not use one at home please bring one (it's very helpful during the session), as well as a baby formula.

### HUNGRY?

A well fed baby is a happy baby! Please feed and burp baby right before our Session to ensure a happy, sleepy (“milk drunk”) baby. I'll also be more than happy to take as many breaks as needed.

### BREASTFEEDING MOMS!

If you breastfeed please pump before session and bring one extra bottle, so I can feed the baby on the props, to soothe them during the photoshoot. During the session I will be handling and feeding the baby to keep the baby asleep.

### WHAT TO WEAR!

Neutrals/light colors are always a winner for newborn sessions. Creams, grays, light blues, and soft pinks create an airy feel to your photos, and match with the softness of your little one. Stay away from large logos (or any writing, if you can help it), avoid black and neon colors to not overshadow the star of the show: your new baby! Mamas, wear what you feel best in. It may be a flowy dress, a layered scarf, or even your favorite white tee. Whatever you choose, know that you look beautiful – and you have an absolutely wonderful reason to be doing a photoshoot! Side note: if you are a major color-lover, don't go neutral just because – be true to “you”! If your home is full of bright hues and rainbows are your jam, show that off in your session

None of our clients are professional models and I promise to help you look and feel natural in front of the camera! You're going to be a pro by the end of our session!

Most importantly remember this is a special day and try to relax! I can't wait to meet your new little nugget!

# HERE'S THE SKINNY

## *what to expect...*



### NEXT STEP:

Please keep in mind that your reservation is only "soft booked". There is a good chance your baby will not come on his/her due date. I simply ask our mamas to keep in touch with me if you happen to deliver early or are running late. I love to receive a text with a picture of your new arrival too! So please contact me as soon as the baby arrives so we can schedule an accurate session date. Most of my newborn sessions take place during regular business hours.

### BEFORE BABY ARRIVES:

Also please email me around 10 inspiration images of newborn sessions which reflect your style. Your images will give me a sense of what your style is and what colors you love. Please provide those images no later than 3 days before your real session date with me. A Good source of inspiration is my IG account, my website, Google or Pinterest.

### IT'S TIME TO SCHEDULE SESSION!

When the baby arrives and I receive a notification email or text , I will provide 3 dates in the next 2 weeks for the newborn session you can choose from. Please do not wait longer than by the end of the day to decide which date you would like to book . If you do so for any reason these 3 proposed dates my change. Please be advised that all my newborn sessions taking place M-F with starting time between 9.30AM-10.30AM

### MOMMAS AFTER C SECTION.

If your baby was delivered via C-Section please let me know , so if you would like to, I will accommodate your newborn session closer to 3 weeks. This way my mommas will have more time to recover after delivery

### PREP FOR NEWBORN SESSION:

I can imagine that with a new baby your life will become hectic. To help you stay sane and organized , I prepared for my new mammas checklist before session :)

## the day before

- Do not schedule vaccinations the day before your session. Shots make babies cranky and are stressful for parents too.
- Lay out any outfits for mom and dad the night before so they are ready to go and wrinkle free.

## the day of

- Try and keep the baby awake at least 90 minutes before the session.
  - Turn the heat up to around 80-85 degrees about 30 minutes prior to your session. This will ensure a comfortable and sleepy baby!
  - Make sure the baby is fed right before the session, but we'll take as many breaks during as necessary. Have bottles ready to go if your baby is bottle-fed.
  - Clothe baby in something easy to slip on and off without causing disturbanc.
- Dont forget: diapers, wipes, pacifier EVEN if your baby does not use one at home please bring one (it's very helpful during the session), as well as baby formula.
- \*\*\* If you breastfeed please pump before session and bring one bottle so I can feed the baby on the props to soothe them during the photoshoot. During the session I will be handling and feeding the baby to keep the baby asleep.

## wardrobe

- I love to photograph newborns in their birthday suit or something simple like a white onesie. I do provide a few neutral colored props, like hats, blankets, headbands, etc. Feel free to lay out anything you'd like to include! I reccomend avoiding fancy outfits for new babies, as they are almost always too big and over power the sweet baby!
- Mom & dad should wear something simple. I usually reccomend jeans and a neutral colored shirt (like a plain t-shirt or tank). This helps keep the focus on your baby and your bond.
- Even though you're exhausted mom, be sure to set aside time to pamper yourself. Those first few weeks are hard and you deserve a little time to feel refreshed and ready.

*Relax, take a nap, or enjoy watching your sweet new baby*

**STUDIO ADRESS: 1 Hillside Ave, Tenafly NJ**

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*Thank You!*  
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