

# NEWBORN SESSION

## CHECKLIST FOR PARENTS

[anakoskaphotography.com](http://anakoskaphotography.com)

- ☐ Book session well in advance and talk with the photographer if you have any specific ideas.
- ☐ Bring a snack or lunch. The photo shoot can be long and tiring, and it can go up to 3 hours.
- ☐ Bring plenty of wipes and diapers.
- ☐ If siblings are coming, bring some entertainment for them.
- ☐ Bring at least one change of clothing for your baby, just in case any accidents happen.
- ☐ Bring everything for changing and feeding the baby, including any special creams and products you use.
- ☐ Bring extra change of clothes for yourself. Consider the change for siblings as well.
- ☐ If the newborn has hair, bring a brush.
- ☐ Bring any toys or props you would like to add into the photos.
- ☐ If the baby is using the pacifier, bring that as well. It often helps soothe babies into the poses we want and makes for easier transitions and getting them to sleep. If your baby is not used to a pacifier or you do not feel comfortable offering one, do not worry, it is not a must.
- ☐ If you can keep your baby up, minimum of 2 hours, and preferably 3-4 hours before coming, that helps for a sleepier session.
- ☐ Before you leave to come make sure to feed your baby so the baby is nice and full. The car ride to the studio will help to get the baby in a deep sleep.