

APM PORTRAITS



baby session prep guide



NEWBORN

There's nothing like a newborn babe! Let us capture those small and sleepy moments that only last for the first few weeks in a child's life. The ideal time to book your newborn is when he or she is around 2 weeks old. This tends to be the time when newborns are extra sleepy, not too fussy, and have started to settle in. It's also the best time to avoid dry and flakey skin or baby acne. If your baby is older than 2 weeks, don't worry about it at all. We have a lot of experience and have worked with many different personality types. Some newborns take a little more coaxing than others to get posed and get to sleep. That's why this is our longest session of our baby milestone plan. It's very important to us that you never feel rushed while you are here. The 4 hour booking period allows time for you to feed your baby and gives us time to set up, pose your baby, and get those dreamy images. It also gives us extra time to get family and sibling images, if you would like those included in your shoot. We recommend wearing long sleeve black shirts for parents and pastel shirts for siblings. Try to stay away from patterned clothing for the family shots; it can be distracting and we want to make sure the focus is on your expressions. You are more than welcome to bring in hats, bows, blankets, toys, and other props to personalize your session with. If you have any questions about a personal item, bring it in! Your photographer will go over with you which props and clothing choices will work best at the beginning of your session.

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3 MONTHS

At our 3 month session, we are focused on capturing the milestone of your child holding his or her head up, as well as the unique expressions that are starting to shine through. This is often the age where some children get really smiley or you get that serious pouty look that everyone adores. The 3 month shoot tends to be the shortest because babies get extra tired at this age. It usually lasts about half an hour, although we book for extra time just in case someone gets grumpy, needs a feeding, or a diaper change. Because babies tend to have a lower tolerance at this milestone, it's recommended that we stick to only a couple of outfit changes and hold off on the siblings or family shots for a different session. This is a great session to incorporate different hats, headbands, stuffed animals, or family heirlooms to personalize your session with.

6 MONTHS

For the 6 month shoot, we are capturing the milestone of your child sitting up unassisted. At this age, babies can tolerate a few more outfit and set changes. They also are much more aware and curious about what is going on around them. We recommend that you bring in a few personal items for this shoot to stylize your session with. Our clients often love themed sets for this session, so if you are a Pats fan, bring in that jersey! *(If you would like more ideas of what to bring in we have a list for you on the last page.)* Because your child can sit up, but is not yet fully mobile, this is one of the best sessions to include other siblings, family shots, or even pets. If your child is not quite sitting up at 6 months, this is completely normal. Please keep in mind that there is no 'right age' for a child to hit a milestone and our ages listed are an approximation of when each shoot will take place. If your child is not sitting up yet, we recommend pushing your session out a few more weeks to give them time to be a bit more stable. This is for two reasons, one is keeping your child happy and comfortable. The other reason is so we can get the best images possible. When a child is struggling to sit up, he or she tends to get tired easier and may not show their full range of expressions. We want your child to be able to have fun and focus on us making silly faces so we can get those smiles!

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9 MONTHS

Our 9 month session is designed to capture the milestone of your child standing up while holding on. We have many props that we use for this session and you can also bring in your own items to personalize this session with, if you choose! This session also includes our signature fish bowl splash, a parent and child favorite. Bring some swim trunks, a bathing suit, or choose one of our tutus and let your babe splash around! No fish will ever be harmed in the making of these images since they are added in post production, so no worries if your baby tips the fish bowl! Siblings love being included in this session because they get to join in on the fun. This is also a great session to include family shots or choose multiple outfits and sets. The ideal time to book this session is when your baby can stand up and hold on for about 10 seconds. It's natural for children to be a little bit unstable at this age which is why we always have mom or dad spotting on the sidelines. We begin the session with the holding on images so your baby won't be too tired to stand up by the end of the shoot. After all, it's a tough job to be so cute!

1ST BIRTHDAY

Your baby's first year goes by so fast! Have some fun celebrating his or her first birthday. During this session, we are aiming to capture your baby standing up on his or her own. This session also includes our signature 'cake smash' at no extra cost. Bring in a cake to celebrate his or her first birthday and let your child dig in! Get those frosting covered close ups and full length shots with a birthday cake. We recommend using a vanilla cake with white or pastel frosting. You can even bring in balloons, streamers, or birthday party themed items for custom invitations. The ideal time to schedule this session is when your child is standing on his or her own, but not yet walking. Because babies are more mobile at this age, they are not usually fans of being held by mom or dad for pictures. After all, they can stand now! It's recommended that you schedule family shots at your newborn, 6 month, or 9 month session. We will always accommodate what you are looking for in your session, so just be aware that babies do get a little squirmy at this age. That's why the birthday cake is so great, because it keeps your child entertained while allowing us to capture their cutest expressions.

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WHAT TO EXPECT BEFORE YOUR SESSION

Before the session starts, we like to go through which outfits, items, and color choices that you like to personalize your session with. If you brought in any must have items for your shoot, such as dad's favorite jersey, this is when you let us know. We also get to know your child a bit better so he or she will feel comfortable during the shoot.

WHAT TO EXPECT DURING YOUR SESSION

During the session, it's helpful to have parents involved with the shoot. Often children feel more comfortable when mommy is sitting on the sidelines or daddy is making silly faces. Your photographer will direct you during the session on what to do to get the shots we are aiming for. During the newborn shoot, parents usually get to sit back until it comes to feeding time. The more mobile your child is, the more involved you should expect to be. We also have our own helpers in studio to assist with the session, so no worries!

WHAT TO EXPECT AFTER YOUR SESSION

After we finish up with your photo shoot, we will post a few sneak peaks for you on facebook within the first couple of days! You will then receive all of your edited digital negatives via download link within a week. After that, you can select which images you would like retouched, as well as any prints, canvases, or other art that you would like to add on to your order.

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SOME EXTRAS YOU MAY NEED FOR YOUR SESSION

Many of our clients love to personalize their sessions by bringing in unique items that mean something to them. This could be a blanket that grandma made, a shirt from your favorite sports team, or even your wedding dress. We recommend bringing in multiple outfits so that your photographer can go over which ones will look best for stylizing your shoot. Newborns are a little tricky because they are so small that they tend to 'swim' in their outfits. We usually shoot newborns without clothing by using wraps, blankets, and diaper covers. We also have some clothing choices in studio for newborns that are specifically tailored for newborn photography. If you have any doubts about an outfit, bring it with you or give us a call. If you are shopping for outfits or props, we are happy to go over your ideas with you before your shoot. Below is a list of ideas of how you can personalize your shoot by bringing in items that are unique to you and your family.

PERSONALIZATION & PROP IDEAS

- ♥ *tutus*
- ♥ *rompers*
- ♥ *hats*
- ♥ *headbands*
- ♥ *blankets*
- ♥ *knit outfits*
- ♥ *pajamas*
- ♥ *seasonal clothing*
- ♥ *cute costumes*
- ♥ *stuffed animals*
- ♥ *a favorite book*
- ♥ *a favorite toy*
- ♥ *family heirlooms*
- ♥ *wedding rings*
- ♥ *dad's tie*
- ♥ *mom's favorite heels*
- ♥ *sports themed items*
- ♥ *occupation related items*
- ♥ *birthday streamers*
- ♥ *birthday cake*
- ♥ *holiday themed items*