

PREPARING FOR YOUR SESSION
WITH EMILY MENZIE PHOTOGRAPHY



Hello and congratulations on your new baby!
Thank you so much for trusting me with
photographing your precious little one.

If you have pre-booked with me, please
contact me ASAP after your baby is born so we
can schedule your newborn session. Before
baby is 2 weeks old is the best time for photos
(5-10 days old is ideal). Don't worry if your
baby is past that mark though!

The address of my home studio in
Audie Murphy Ranch is **24610 Winter Cir,
Menifee, CA 92584.**

Feel free to email me
(info@emilymenzie.com) or text
#951-290-2920 if you need directions or have
any questions! Text is usually the easiest way
to get ahold of me.



WHAT TO EXPECT



For Baby

If possible, **try to keep your baby awake** for at least an hour before your session. Then let him/her fall asleep in the car ride over. This will ensure those squishy, sleepy newborn pictures!

Because newborns usually get sleepy from eating, try to feed your baby right before you head over. Otherwise you can feed him/her in my studio when you arrive (I'm happy to give you privacy and all the time you need). You can feed/change/soothe baby as needed throughout the session too.

Most importantly, relax and sit back and enjoy while your baby is the star of the show. :) Newborn photos can take time and patience. I won't be in a rush at all, so don't stress if your baby fusses during your session or takes a while to settle down.

Plan on your newborn session lasting 2-3 hours, give or take. This is due to feeding, changing, soothing, posing, changing setups, and generally just getting baby calm and sleepy for photos. Also note that adding parent, sibling, and/or family shots with your baby adds some time as well -- usually 30-45 minutes.

FOR BABY BOYS (circumcision)

If you have a baby boy and you plan on circumcising him, try to schedule that for **AFTER** his photos are done. Otherwise we will need to wait at least 5 days after the procedure to allow some time to heal (keeping in mind that photos are best between 5-10 days old).

WHAT TO BRING FOR BABY

If you have a specific outfit or onesie that you want your baby photographed in, bring him/her in that OR in something that's loose-fitting and easy to slip off. That will help in transitioning from the car ride to sleepy photos without waking baby.

I have LOTS of wraps/swaddles, hats/bonnets for boys and girls, headbands/bows for girls, newborn outfits specifically for photos, and props. Feel free to bring anything special you'd like to incorporate (headbands/bows, hats, a special blanket, a stuffed animal, anything sentimental etc)--but that is completely optional.

Bring plenty of diapers and wipes, and PACIFIERS if your baby takes one. A pacifier can be very helpful while I'm positioning your baby and changing setups. I usually keep unopened pacifiers on hand too. If you prefer to *not* give your baby pacifiers though, that's totally fine!

SAFETY: While I'm positioning your baby, especially with props, I'm always watching to make sure they are safe and secure. When necessary, I might ask parents to step in to assist just to make sure baby is extra safe, but for the most part you can sit back and relax. Most set-ups are very simple, and I want you to feel comfortable knowing that your baby's safety is my utmost concern.



FAMILY

If you choose to have family, parent, and/or sibling shots with baby, I always get those shots first. If possible, take two cars so Dad can take your other child(ren) home after their part is done, or arrange for another adult to pick them up. That way Mom can relax and kids won't get bored and restless during baby's solo photos.

Sometimes siblings (especially toddlers) aren't interested in cooperating for photos. That is totally fine! It can take time, and it can turn into a workout for all of us adults, but I promise I don't mind a bit! I know it's easier said than done, but try not to stress about it.



WHAT TO WEAR

For parents and siblings, I recommend simple, coordinated clothing. A monochromatic palette (everyone in the same color) of pale/muted colors is beautiful for newborn photos. White, neutrals (grays, earth tones), or light colors work especially well to create a pure and simple look that draws the focus to the baby.

Don't worry about footwear unless you want full length shots. I normally photograph parents and families from the waist up.



PARENTS (WHAT TO WEAR)

If you want diaper-free shots of your baby while being held by either parent, it's a good idea to bring extra clothes in case you get peed or pooped on :) or if you just want something comfortable to change into. My studio has a restroom for you to use any time.

I only use a black background upon request, so let me know if you do want any black background shots, and bring a dark/black top (button-down, polo, T-shirt or tank top) for Dad and/or Mom.

Dads: Button-down shirts, polos, or fitted T-shirts work great, along with jeans or khaki pants. Shirtless photos with baby are also an option for Dads upon request.

Moms: A lot of moms feel self-conscious having recently given birth, but I promise you look great! Wear something you feel comfortable yet beautiful in, whether it's a dress, blouse, or button-down shirt. Flowy tops are a great option because they look feminine and flattering. I can share some recommendations for dresses if you need.

Your baby will most likely need to eat during the session, so dress with that in mind if you are breastfeeding.

SIBLINGS (WHAT TO WEAR)

For **boys**, I recommend a fitted T-shirt, a button-down shirt or polo, *or no shirt at all*, with jeans, khakis, or neutral colored shorts.

For **girls**, I recommend a simple blouse, fitted T-shirt or tank top; with leggings, shorts, or jeans; or a soft, flowy dress (try to steer away from stiff dresses).





Emily Menzie
PHOTOGRAPHY



Emily Menzie Photography
24610 Winter Cir, Menifee, CA 92584

951.290.2920 | www.emilymenzie.com
info@emilymenzie.com