

What to Expect: Newborn Prep Guide



First of all, congrats on your baby! This is such an exciting time, and I am overjoyed that you are choosing me to capture it for your family. My goal in this session is to make this as stress-free as possible and deliver beautiful photos for you that you will hang throughout your halls and share with your entire family.

Frequently Asked Questions:

1. **What should I wear?** If you don't plan on being in the pictures, come comfy! You'll often find me in yoga pants and a tank top while I'm shooting newborns. It can get hot in the studio so be relaxed and wear something casual. If you are planning to be in some photos with baby (included in all my packages), then plan to wear something neutral/earthy. It keeps the focus on the baby, and my style is definitely on the natural side.
2. **Sibling and Family Shots?** YES! These are included in all of my sessions. You don't HAVE to be in the photos, but I recommend jumping in a few. Even though you may not LOVE how you look right after having a baby, it's such a special time, and you should capture the moment. If there are younger siblings, I recommend driving in two cars so one parent can leave with the siblings when their part is done (we will do it first). If that is not an option, I would suggest having someone else (spouse, grandparent, etc.) available at the shoot to help out with the siblings. My studio does have a small area to play with crayons, toys, etc., but just maybe have a backup plan.
3. **Can I, the parents, help during the session?** The short answer is nope! This is actually a great chance to sit on the couch, watch and enjoy! If the baby needs to be fed, that'll be your main role, but I will take care of everything with your little one and you can sit back and relax!
4. **How long will the session last?** Newborn sessions last approx. 1.5-2 hours, depending on whether there are additional siblings, family photos, etc.
5. **How do I pay?** Your final payment is due at the session. You can do cash or check. You can also choose to send money online using Chase Quick Pay or Zelle. I can give you those details at the shoot if you prefer.

6. **When can I expect to see my images?** I always try to send out a sneak peek the week following the shoot. Your full gallery will be sent to you about 2 weeks after the shoot. You will be able to download, save, and print photos right from the website I send.
7. **How can I thank you for your amazing work (haha)?** The best thank you I ever receive is the referral to family and friends. I would love any tags to my page, commenting on my Yelp page, reviewing me on Google, etc. Those are the things that mean the most because they keep me in business, doing what I love the most!

8 Ways to Have a Successful Newborn Shoot:

1. **Morning of Session:** try to keep baby awake. Maybe give a bath, play with them, unwrap them, tummy time. This will make for a sleepy baby for our session.
2. **Before leaving for the session:** Feed the baby before you leave. Let it be the last thing you do before you get in the car. Full baby=happy baby. If you have more than a 30-minute drive, plan on possibly doing another quick feed at the studio before we begin.
3. **If you are nursing:** please avoid spicy foods at least 48 hours prior to the session. Gassy babies can be very uncomfortable during their session.
4. **If you are bottle feeding:** please bring 2+ extra bottles....just in case!
5. **Please dress baby in loose fitting clothing:** We will change him/her when you get to the studio. I have all the wraps, outfits and hats you need so no need to worry. Snaps or zips are ideal (nothing over the head), so we can keep baby sleepy while getting ready for the shoot.
6. **If you give your baby a pacifier:** PLEASE bring it! This is crucial for helping babies fall asleep who are already accustomed to them.
7. **If siblings are involved:** Bring bribes/snacks. I will always have these on me, as well, but as we all know, you can NEVER have too many snacks. I do ask though, please don't offer any food at the studio until I've actually gotten a chance to take the photos of the siblings. I've mastered the bribery techniques so having the bribes available is ideal. Many kids stop listening and check out once they've received their bribe/snack at the shoot. (Also, please be sure siblings are nice and full before arriving. Just like babies, we all know that full kids are happy kids).
8. **Don't stress about the umbilical cord or baby acne:** That's what editing is for. I've got your back!

Locating my studio: 319 Old McHenry Road, Long Grove, Illinois, (Located in Historic Downtown Long Grove)

I'm located about 50 yards south from the main intersection of downtown historic Long Grove, just down from Robert Parker Coffin Road, across from the Chatter Box restaurant. Sometimes GPS takes you to a different spot....if that happens, you need to head South on Old McHenry Road until you get to the downtown area, and then cross the intersection.

Parking: Park in one of the spots. If they are all full, there is a huge parking lot in the restaurant across the street, and there is no time limit for parking there. Come around to the right of the building down the brick pathway. Come in the double doors, and my studio is to the right. *****If you get lost, just call me!**

Sara Glas Photography

847-636-1506

www.saraglasphotography.com