

HOW TO PREPARE FOR YOUR
LIFESTYLE NEWBORN
PHOTOSHOOT



Hi, I'm Bree

I'm a wife, a pediatric nurse,, a family photographer, and a mom to three wild, wonderful boys—ages 6, 4, and 1. And yes... it's exactly as crazy as it sounds.

I photograph families, maternity, and newborns, but lifestyle newborn sessions are my favorite by far. There's something incredibly special about telling your story in the very place it's unfolding—your home. The home where your baby was born, where siblings learn to love each other, where the days feel long but the years somehow fly by. Those are the moments that mean the most when you look back.

I love capturing both the chaos and the sweetness. The snuggles, the in-between moments, the real life. I encourage you to simply be yourselves—hold your babies close, laugh with your kids, and love on each other. That's where the most priceless memories live.

As your photographer, I want you to know I'm here to support you every step of the way. This guide is my way of saying, I've got you. It's been thoughtfully created to answer your questions, ease your worries, and help you feel confident, comfortable, and cared for as we document this beautiful chapter together.



What is a lifestyle session?

Lifestyle photography is all about capturing your family as you truly are—the love, the connection, and the beautiful in-between moments that make your family yours. While I'll gently guide you into flattering positions, the magic happens after that. I'll encourage you to move, talk, laugh, play, and interact naturally. No stiff posing, no pressure to perform—just real life unfolding.

Your home is the perfect setting for these sessions. It's familiar, meaningful, and filled with the little details you'll want to remember someday.

If siblings are part of the session, expect things to feel fun and a little chaotic—and that's exactly how it should be. We'll tickle, play games, sing, dance, and embrace movement. Kids are never expected to sit still or smile on command (because let's be honest... they won't). Instead, I focus on capturing genuine smiles, authentic connection, and the love happening between all of you.

The goal is simple: come as you are, love on each other, and let me take care of the rest.



TIMING

Most families book their lifestyle newborn session during pregnancy. We'll typically choose a session date about 1–2 weeks after your due date. If your baby arrives earlier than expected, no stress—we can either move the session upon many families still choose to keep their original date, and that works beautifully too.

A signed contract and retainer are required at booking to officially reserve your session.

Already had your baby and just now booking? No worries at all. Lifestyle sessions don't require your baby to be in the first two weeks. These sessions can take place at any time—just know they'll look a little different as your baby grows, and that's perfectly okay. I'm always happy to talk through what that might look like so you feel confident going into your session.



HOW TO *prepare*

Sessions will typically take place in your living room, nursery, or parents' bedroom. But anywhere you are open to with great light works for me!

I rely on natural light for photos, when choosing which rooms, you'd like photos in think about which rooms are best lit throughout the day..

Your house does not need to be spotless just focus on 1-2 rooms! Photos always take place around 11am.

Human and dog siblings are more than welcome to join! I do not expect toddlers to participate the whole time but they can if they'd like to! I will focus on them at the beginning and get all the shots I need, after that they can wander off once they are bored.

For baby, I suggest warm, knit outfits in neutral earthy colors, small bows for girls, or they can simply be swaddled

The morning of your session, try to keep baby awake for about 30-60 minutes prior to my arrival if possible, and feed right around the time of my arrival. Once I arrive I can swaddle baby and they typically fall asleep shortly after.



HOW TO *dress*

- *Jeans, flowy dresses, earthy colors & neutrals* are all perfect! Your newborn can stay swaddled (most love this) or knotted gowns photography very well!
- I bring an assortment of wraps & swaddles for you to choose from as well!
- Parents: You will be in majority of shots, dress comfortable your in your own home! Wear neutrals with texture, like knits, linen, or cotton. Jeans are perfect and shoes/socks are not necessary! If you'd like to learn more, I have an entire section on my website with links.
- I use a styling tool all clients have access to called Style & Select
- Pinterest Inspiration: <https://pin.it/2JFhtH38A>



FAVORITE *shops*

- Bamboo stretch swaddles-Mebie Baby

- Amazon Links:

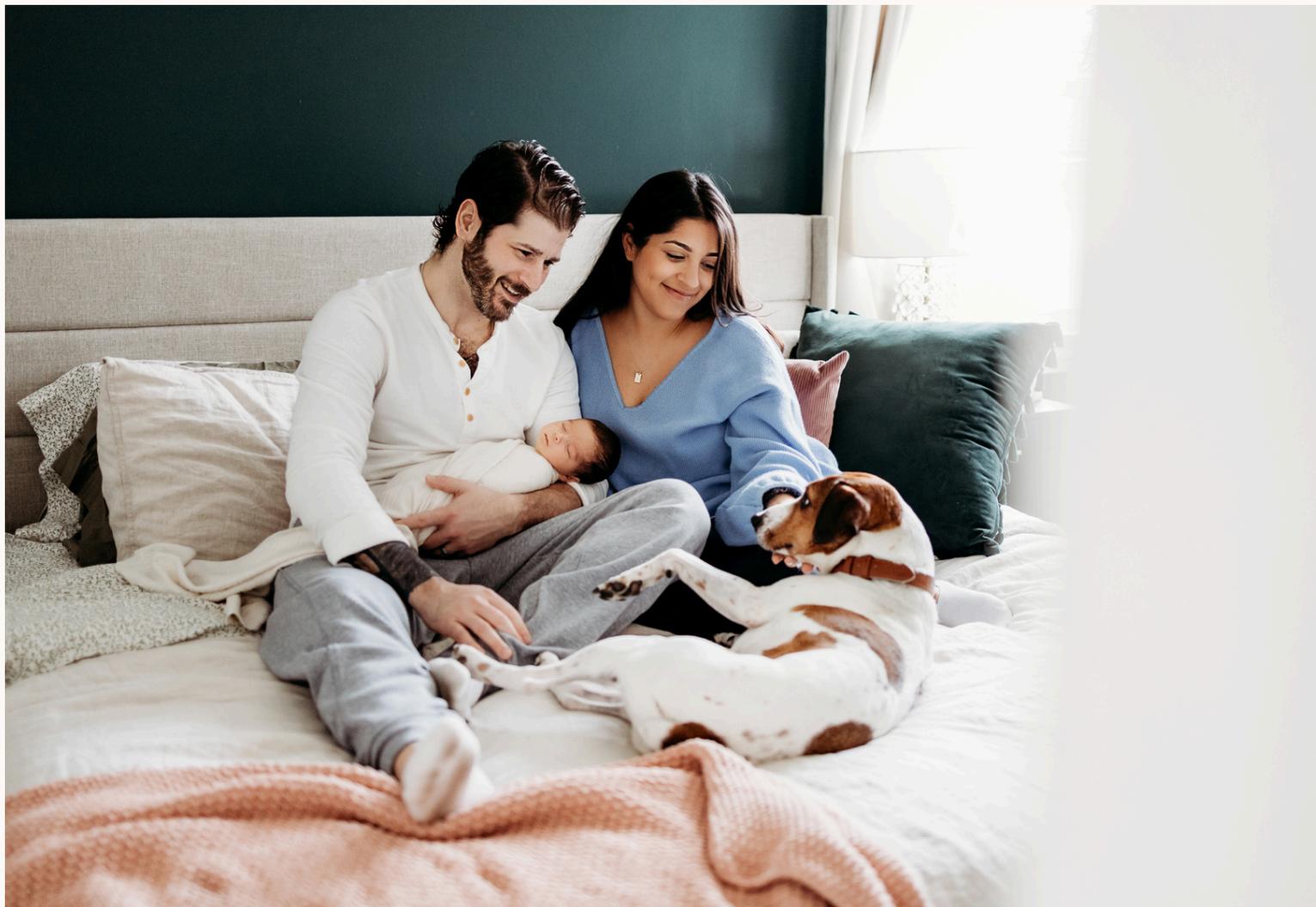
https://www.amazon.com/hz/wishlist/ls/1CYF2O8E0D3WZ?ref_=wl_share





WHAT TO *expect*

- On the day of your session I will arrive with swaddles, a shusher, my gear obviously, and one posed set up for baby
- I may suggest areas or little adjustments around your home that would look beautiful in photos—but only with your permission. The session will primarily be *based on which rooms have the best natural light*. I'll also ask that all *overhead lights are turned off* and *blinds are open* to get the best results.
- We'll work around your baby's schedule first and foremost. If baby is awake when I arrive, we'll start with family shots. Once baby falls asleep, I'll move on to solo shots and close-ups.
- Baby will be in your arms about 90% of the session. My goal is to make sure your baby feels comfortable, loved, and secure, while capturing the connection between you and your baby.
- Skin-to-skin and breastfeeding shots are always welcome! When you look back at these images, my goal is for you to feel the love and connection you experienced while holding your newborn.



AFTER THE SESSION

I'll tag you in some sneak peeks within 48 hours after your session via Instagram, and the full gallery within three weeks via a downloadable web gallery. You'll be able to create favorites lists, share online, or download your images to use for baby announcements, family newsletters, and cute framed images for your mantel.



thank you

Thank you so much for taking the time to read this guide! I imagine you'll have a few questions bouncing around your head, so give me a call and let's talk through all the things.

These photographs are going to be incredibly sweet. I can't wait.