



SIMPLE TIPS FOR

*Timeless Newborn Photos*

BY WINTER FREIRE PHOTOGRAPHY



*Dear lovely newborn mama,*

We are thinking of you and sending all of our love your way as you prepare for the arrival of your sweet baby or as you are already soaking in those precious beginning moments with your little one. We are truly looking forward to the day we get to photograph your baby's first session and capture all of those amazing family connections you share! Until then, we have put together an easy guide for you to follow featuring our very best simple tips on how you can create timeless newborn portraits in your own home using just your phone!

Wishing you so much love,

*Lauri + Carrie*





## 01. HOW TO FIND THE BEST LIGHT IN YOUR HOME

~Choose a room with lots of window light and select a time of day where the room is brightest without direct sunlight coming through any of the windows. Open up the curtains + blinds and let all of that beautiful light in!

~If available, choose a room with white or neutral colored walls. This will help bring extra light into the images and prohibit distracting colors from casting onto baby's skintone.

~Turn off all of the room's overhead lights + lamps. Window light is a different color temperature than the artificial light in your home and mixing both together can create unnatural color casting onto baby's skin + cause distracting shadows in a photo. Window light is all you need and it's our favorite at the studio too!



## 02. HOW TO SET UP A SIMPLE + SWEET SPACE

~If you have a bedroom with neutral walls + at least one big window, this would be an ideal space. A living room with a neutral sofa or ottoman would also work well.

~If using a bed and your comforter isn't white or neutral, just take it off and use white or light colored neutral sheets + pillowcases instead.

~If your bedroom or sofa do not work well for window lit photos, simply place a neutral light colored blanket on the floor next to the window of any room featuring your best window light.

~Laying your little one on a soft neutral blanket is a simple and wonderful way to capture so many sweet photos without needing to move them around very much.

~Take a quick look around the area where you'll be taking the photos and consider removing any potentially distracting background objects. If an object is too hard to move, intentionally adjust your camera angles not to include it. You want the focus to remain completely on your sweet baby!



## LIGHTING TIP

~For the most flattering light, place your baby on the blanket so that they are perpendicular to the window and their head is closest towards the light. You want the light to softly “fall down their face” rather than “up their nose.”



**Baby is perpendicular to the light source.**

**Top of head is closest to the window. Two large windows are directly to the right. -->**



### 03. HOW TO CREATE TIMELESS PORTRAITS

~We adore newborns dressed in a light, neutral swaddle blanket or a classic neutral onesie or diaper cover

~If you love sleeping photos, a swaddle often helps babies feel secure and fall asleep more easily. Make sure the room is nice and warm!

~Laying your little one down unswaddled in a simple onesie, diaper cover, or loose blanket will allow their little arms + legs to move freely. This is a great time to capture their tiny features - those adorable hands, arms, legs + feet.





~As your baby rests, have fun experimenting with different camera angles. Take far away images to document how small they look on a big bed or blanket. Get close detail images to remember those lashes, lips, hair + toes. Stand (carefully!) on a chair or the bed to get a few interesting above angles.

~Avoid shooting “up the nose” and try not to get inbetween the light source and your baby because this will block all of that dreamy window light you worked so hard to find!

~As you move around, make sure to keep tapping on your phone’s screen to allow the settings to properly adjust focus and brightness on your baby.

~Since the cameras on our phones have such amazing video capabilities, this would be a wonderful time to take a few simple + sweet videos of them as well!



#### 04. HOW TO GET A YOUNG SIBLING INVOLVED FOR A FEW PHOTOS:

~You know your little ones best, choose a time of day when the sibling is typically happiest and don't expect them to last more than 5 minutes!

~Have your significant other on stand-by to assist and make sure the sibling is gentle with baby. (Very important!)

~Play the sibling's favorite music to create a fun atmosphere.

~While your baby is laying on the blanket, have the sibling sit or lay on their stomach behind them. If the sibling doesn't want to sit still, try placing a few of their favorite bite size treats (such as a fruit gummies, goldfish crackers, etc.) or their favorite small soft toys behind the baby so the sibling has to "hunt" for them. This gives you time to hopefully snap a few photos and capture some smiles as they find their treats (even if they have gummies in their mouth as they smile it will still be a sweet memory)! :)





These are our very best, easy tips for taking timeless phone portraits of your little one and we hope they help you capture amazing memories! We also encourage you to take imperfect photos every single day! The lighting doesn't have to be "just right" and the room may have some clutter, that's completely okay! The most important part is documenting this incredibly special time in the life of your family. Our homes are often where we feel most loved and comforted, so there's truly no better place to begin taking your little one's first photos.

We can't wait to see you soon and capture even more love-filled images for you to cherish! Please don't hesitate to reach out to us if we can help you in any way. ♥

Warm Hugs,

*Lauri + Carrie*



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