

THE LIFESTYLE NEWBORN SESSION

INTRO GUIDE





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getting STARTED

WELCOME TO THE STYLE GUIDE

Congratulations on your pregnancy! Whether you are celebrating your first baby, seventh or more, I want you to know that I'm honored to be considered as your photographer and humbled that you're trusting me with the responsibility of helping you create memories you'll look back on and cherish for a lifetime.

My goal is simple: for your session to be as fun and stress-free as possible! Your only job is to be yourself, laugh a lot, have fun and let me do the rest! I can't wait to get you in front of my camera and I'm so excited to see you soon!



XOXO,

JANALEE





SCHEDULING *your* SESSION

I HIGHLY RECOMMEND
PHOTOGRAPHING NEWBORNS
BETWEEN 4-14 DAYS OLD:

Most of my moms reach out to me during their second or third trimester. I know that babies arrivals are not... predictable. Getting in touch with me before your delivery assures you that I will have openings when it is your delivery month.

I start lifestyle newborn sessions weekdays between 9:30 and 10am. After your precious baby joins your family, please let me know ASAP so we can pick out a date for the newborn session. I recommend scheduling your lifestyle newborn session around day 14, but it can be scheduled anytime in baby's first month.





CHOOSING *the* LOCATION

THE LOCATION OF YOUR NEWBORN SESSION IS COMPLETELY UP TO YOU!

As you'll see throughout this guide, most of my clients love coming to my home studio. The Lifestyle Newborn Session takes place in my home studio in a neutral bedroom, with gorgeous natural light. There is a white floor, floor to ceiling windows and window coverings, stools for little children to stand on and a bed. As an added bonus, you don't have to worry about cleaning your home or having your nursery styled before your session.

A few of my clients choose to shoot the newborn sessions in their homes. This allows you the ease of not having to leave your home after a newborn, and captures your family in your own environment. I do not travel for posed newborn or full newborn sessions. I will only travel for a lifestyle newborn session. There is an added fee to have me come to your house if it is outside of Cache Valley.





GENERAL LIFESTYLE SESSION FLOW

Please keep in mind this is a general flow. Depending on how kids do, I change it up. It is very fluid and can be done in any order.

I typically start with siblings

- Individual shots of each sibling
- Siblings together with baby (sitting on bed, laying on their backs, laying on their tummies)
- Siblings individually with baby (sitting, laying on their back)

Then move to family together on the bed

- Everyone smiling and looking at me, dad holding baby
- Playing/Interacting together
- Change so mom is holding baby, smiling and looking at me
- Playing/Interacting together





Dad Standing (2-3 poses)

- Just Dad
- Add in Mom
- Add in kids
- Take away Mom

Mom Standing (2-3 poses)

- Just Mom
- Add in Dad
- Add in Kids
- Take away Dad

Baby Alone

- Peeking Toes (as shown above)
- Relaxed Swaddle
- Close up of fingers and toes

* Baby Alone only takes about 5-10 minutes. The main focus of the lifestyle session is for the family, (parents, siblings, etc) and having other people in the images with baby



PHOTO DELIVERY TIMELINE



ONE WEEK - SNEAK PEEK

In the week following your session, I'll post a sneak peek of one of my favorite photos from our time together on my Instagram account -- so keep an eye out for that! I'm so excited for you to see how beautiful you look through my eyes.



TWO WEEKS - BLOG POST

About two weeks after your session, I'll post a blog with some of my favorite highlights at www.janaleeberentzenphotography.com/blog.



THREE WEEKS - FULL GALLERY

Three weeks after your session, I'll send you a link to your online gallery with all of your final, retouched, high-resolution images. You can share the link with your family and friends, post to social media and more! I recommend changing the lock screen on your phone first :) Also, don't forget! Your gallery comes with unlimited downloads for you and anyone you share the link with, as well as the option to purchase prints from my professional lab and have them drop-shipped straight to your door. If you prefer, you can also upload the digital files to the retail lab of your choice and print them there.



ONE *final* NOTE

I know I just gave you A LOT to think about! Don't panic :) Just take it one step at a time. I provided a Newborn Session Checklist for you on the next page to help you stay organized and on top of things! But if you have any questions at any point, please know I'm here for you! If you're deciding between two dresses and can't commit, no problem! I'm here. If you love my studio and your home for the location, but can't make up your mind, no worries! I can help with that, too. If you need a recommendation of any kind, I'm on it! Remember, I'm just one email or text away :)

At the end of the day, though, the location you choose and the outfits you wear won't matter nearly as much as the fun we have together and the memories you make. The style choices you make will definitely enhance your photos, but the most important accessory to bring with you is joyfulness -- which is the one that makes the biggest difference in your photos anyways. You don't need to have prior experience in front of the camera. Just show up with a smile and I'll take care of the rest :)

I'm so excited! See you soon!

- J

NEWBORN *session* CHECKLIST

- ☐ Email me to save a spot for your delivery month
- ☐ Contact hair and makeup artist to save a spot for your delivery month
- ☐ Review Style Guide for outfit inspiration
- ☐ Choose your outfits (drop off at dry cleaner if needed!)
- ☐ Save my phone number and text me when your baby joins your family!
- ☐ Get your nails done
- ☐ Pack a bag with:
 - ☐ Extra bottles and formula
 - ☐ Special Momentos you want to include
 - ☐ Touch-up makeup
 - ☐ Binky
 - ☐ Water bottle
 - ☐ Extra diapers and wipes
 - ☐ Snacks for little ones
 - ☐ Small eye-catching toys to grab little kids' attention

(PRINT ME!)



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 Janalee Berentzen
P H O T O G R A P H Y