

# PICTURE DAY

USE THIS STEP-BY-STEP  
CHECKLIST TO PREPARE FOR  
THE BIG DAY AND ENSURE  
FABULOUS PHOTOS

## THE DAY BEFORE

- Don't schedule vaccinations the day before your session!
- Tire baby out with stimulating activities so she will want to sleep the next day

- If breast feeding try to leave the feed till you arrive or give your baby one side prior to the session
- Don't feel stressed or worried, relax and enjoy the day
- Ensure the nappy or any clothing isn't strapped on too tightly to avoid red marks
- Clothe baby in something easy to slip on and off without causing disturbance

## THE DAY OF

## *During a Newborn Session*

- The session is going to be hot. It will feel like a sauna
- There is a 99% chance that you are going to get wet due to your baby going nappy free...be prepared
- Mum and Dad should dress in layers for the heated room
- The surrounding environment should be quiet and relaxing - free from loud noise & distraction!. Siblings are photographed at the beginning then Dad can take for a walk or to chipmunks down the road

## *Don't Forget!*



- Extra milk / formula
- Extra nappys
- Baby wipes
- Sterilised Pacifier/Dummy
- Snacks & drinks for mum
- Any special blankets or props