



*Eimear O'Donnell Photography*

Family & Newborn Guide

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# Family Sessions

## Preparation Guide

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### PREPARING CHILDREN

The most important thing for all kids is to make sure that they are well fed and well rested before the session

If you have older children I recommend 'framing' the shoot as a positive experience. Talk to them about the session in a positive way in the days leading up to it. As I will try to capture candid images, there is no need to show your children how to pose or smile; I want them to be themselves on the day of the shoot.

Finally, it's helpful to arrive a little earlier than our meeting time so that your children can have a run around, relax, and are in good spirits when we get started.



# Family Sessions

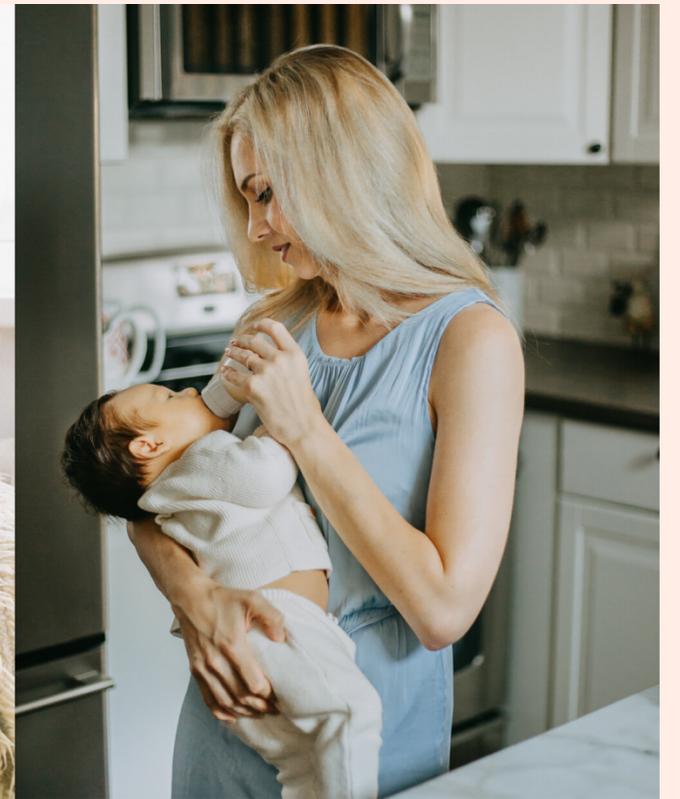
## What To Wear

Clothing and styling is a very personal choice, so I would never want to be too prescriptive; but there are some general guidelines and recommendations that I am happy to offer. Patterns, logos, branding and slogans can easily date and draw attention away from the people in the photography. Neutral, earthy tones and solid colours photograph well and give a timeless feel to images.



# Clothing Examples

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# Newborn Sessions

## Preparation Guide

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### SCHEDULING YOUR SHOOT

If you have already made your booking, you will have been penciled in the diary around the time of your due date. Please get in touch within 48 hours after baby arrives to let me know and then we can schedule your Newborn Session within the ideal time, when baby is 5-14 days old. Don't worry, if you are in hospital for any reason and this timescale is not possible we will simply schedule your session as early as is realistically possible.



# Newborn Sessions

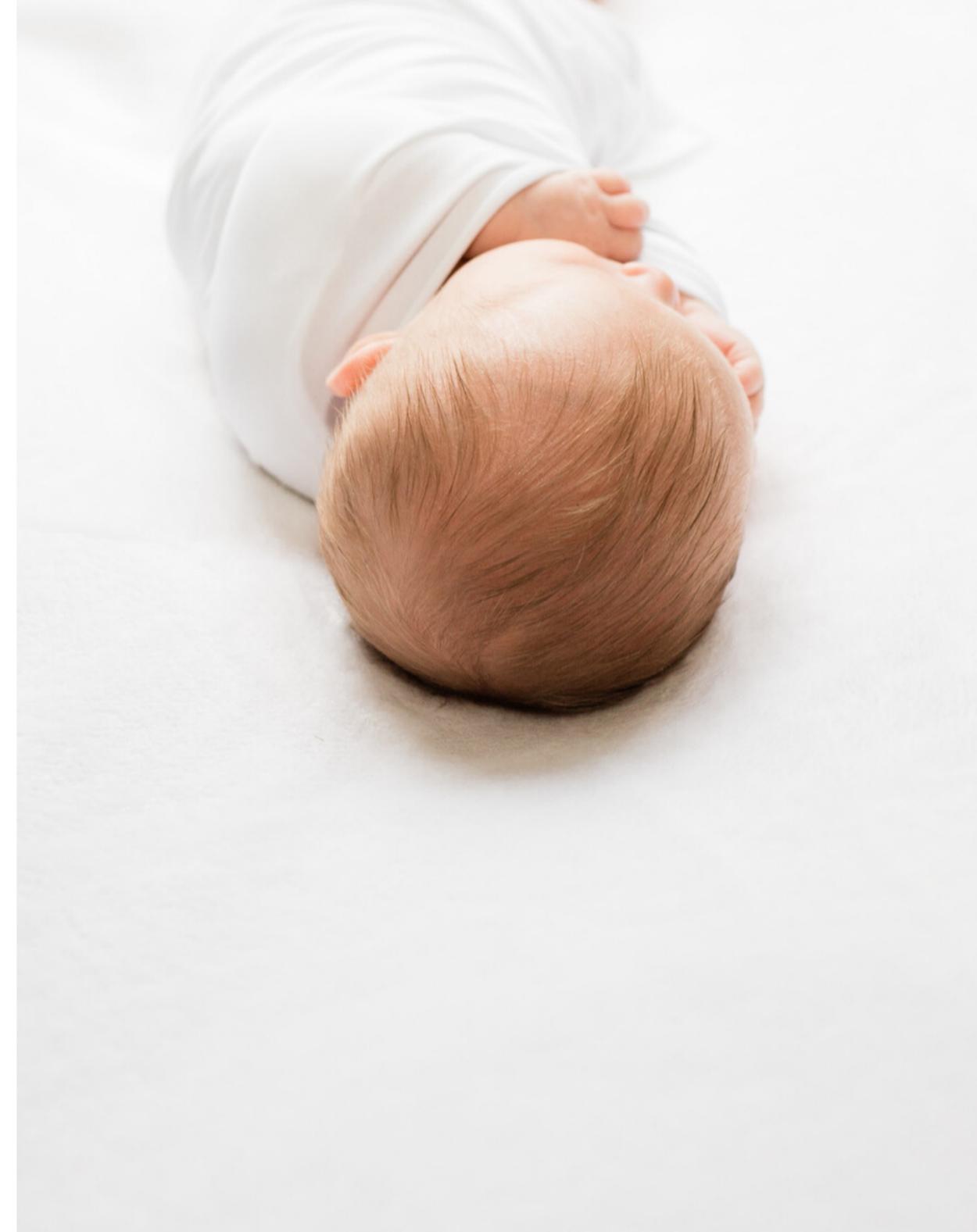
## Preparation Guide

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### PREPARING YOUR BABY

It's important that you feed your baby at the beginning of your session. You will be given the time and privacy you need to do so. This settles the baby and helps them sleep for their photos.

I always schedule at least 2 hours to allow sufficient time for feeding, changing and allowing your baby to relax and sleep. I understand these little babies need patience so I can stay as long as is needed to ensure we capture beautiful photos.



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## DRESSING BABY

I would ask you to please dress your baby in neutral tones and if at all possible incorporate accents that match the mothers clothing. Yellow, baby blue, cream, grey, pastel pink, dusty blue and white are all perfect.

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## DRESSING MUM & DAD

For parents; dress in neutral, earthy tones and solid colours, avoiding patterns and logos.

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## PREPARING YOUR HOME

Choosing to hold your newborn photography session in the comfort of your own home has so many benefits for both baby and parents. My goal is to take any pressure off you, and make you feel relaxed, comfortable and at ease as I capture your baby in the first few days of their life.

Prior to me arriving at your home, I would ask that you turn the heat on before we start so home is warm and cosy for your baby.

Ideally we will shoot in a room with plenty of natural light. If at all possible this will be a bedroom or living room. If dad could clear away any clutter and prepare the bed with white or neutral bed sheets this will make for beautiful photos!

I am more than happy to include sentimental props such as a blanket, teddy, headband or item of clothing that you would like to capture during the session.

*Newborn Sessions*



*Get in touch  
with me*

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