

# The Newborn Photography Checklist for Parents



Marjorie Cohen  
PHOTOGRAPHY

# 1. Make sure you're working with the best photographer for you family.

*Are you clear on their style? Portrait, lifestyle, documentary? Does that suit your needs? Have they made you aware of their pricing beforehand? If you need some guidance, [check out my blog post](#) on this very subject!*



FINDING THE RIGHT  
NEWBORN OR  
FAMILY  
PHOTOGRAPHER



## 2. Establish open communication with your photographer.

*You should know ahead of time: how long your session will last, what will happen during your session, when you will receive your photos, their business model (all-inclusive vs service + product, etc.) Ultimately, you should feel prepared for your session before it comes along.*





### **3. Respect your baby's needs.**

*They don't have many (eat, sleep, poop) so prioritize their routine to avoid letting your newborn get cranky.*





## 4. Be flexible with your expectations.

*Beautiful images are a given - of course. But leave room for things to happen naturally without feeling forced. You might be pleasantly surprised with what unfolds!*





## 5. Focus on your own emotions.

*Having a newborn is a lot! Whether or not this is your first child, a new baby is a huge adjustment. You will not be able to control other people in your session (your baby, your partner, siblings,) so bring your focus inward. If you are happy and relaxed, others will take the lead.*





## 6. Don't stress over a messy house.

*Don't drive yourself crazy trying to pick up every last thing. Think about the rooms in your home you'll want to be in, (nursery, your bedroom, living room,) and focus on those. And remember - a little mess won't ruin your photos!*





## 7. Take some time to think about outfits.

*A great way to start is to look around your home. What colors do you see? Are there any items in particular you'd like to include in photos? Keep things simple but make it cohesive. For more help, check out my blog post on this subject!*





## 8. Set aside extra outfits.

*Be ready for spitting up, dripping milk, and leaky poops. You'll find nobody manages to stay clean for too long, so be prepared for some wardrobe changes!*





## 9. Think about specific moments you'd like to capture.

*If you have specific images in mind (breastfeeding the baby, the nursery decor, baby in their diaper) make a list and discuss it with your photographer.*





## 10. Think about any boundaries you'd like to set.

*You might not want breastfeeding photos, or a certain room in the house photographed. Take some time to consider this beforehand and make those limits known to your photographer.*





# Hi, I'm Marjorie!

*I'm a documentary-style Newborn & Family  
Photographer based in Los Angeles, CA.*

*Capturing families in their natural habitat is what  
makes me happy! I want to take photos you can look at  
now or in 10 years and say, "Yep, that's us!"*

*If you're local to LA and interested in working together,  
visit my website and submit a contact form.*

*I'd love to hear from you!*

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