Newborn Photography

www.babysproutsphoto.com
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Agenda

- Photography slideshow
- A little bit about me
- My studio
- My camera bag
- Newborn Photography
  - General Tips
  - Poses
  - Composition
  - Background and Props
  - Pull up shots
  - Example images with settings

- Q&A
A little bit about me

• My Family
  ○ Husband, 1 girl (6 years) and 1 boy (1.5 years)

• Baby Sprouts Photography
  ○ Started in 2006
  ○ Specialize in maternity, newborn and baby photography.
  ○ Natural light 80%, studio lighting 20%
  ○ Studio and on-location

• My Style
  ○ Relaxed portraiture
  ○ Love using colors and texture
  ○ Black & White and Colors
Downtown Redmond

Natural light with two big windows

Boutique Studio

- Cute pettiskirts, headbands, hats
- Antique chairs
- Classic and vintage/modern backgrounds
- Products driven studio
  - Gallery wrapped canvases
  - Coffee table books
  - Framed collages and storyboards
My Camera Bag

- Canon EOS 5D Mark II body
- Canon EF 50mm f1.2 L lens
  - Use for newborn and baby
- Canon 100mm f2.8 macro lens
  - Use for the tiny fingers and toes
- Canon EF 28-70mm f2.8 L lens
  - Use for family shots
Newborn Photography - general tips

- Photos taken within 5-10 days from birth
  - Mother’s milk has kicked in
  - Baby still sleeps a lot. Baby can curl more easily for the newborn poses.
- Nurse baby 30 min prior to photography
  - Full stomach, happy and sleepy baby
- Clothing – photos mostly taken with baby’s bare skin
  - Without diaper or with diaper cover
- Keep the room warm
  - Baby feels more comfortable when the surrounding is warm
- Use a white noise machine
  - To sooth and help the baby to sleep
Newborn Photography - poses

Some of my favorite poses that you can do at home

- Baby
  - Full body
    - Tummy down
    - Facing up – see the belly button
    - Bare skin or wrapped in a cocoon or blanket
    - In a basket covered with fur
    - In a vintage bowl
  - Baby face close up
  - Baby fingers and toes
Newborn Photography – baby poses

Fully body:
- Tummy down
- Bare skin

Tips:
- Use a bean bag to support the baby
- Add texture with a knitted hat

Camera Setting:
- Natural light
- ISO 400
- 1/500, f1.8
- Manual setting
Newborn Photography – baby poses

Fully body:
- Facing up
- Bare skin

Tips:
- Use a bean bag to support the baby
- Add texture with a knitted hat

Camera setting:
- Natural light
- ISO 500
- 1/250, f4.5
- Manual setting
Newborn Photography – baby poses

Fully body:
- Facing up
- Wrapped in a cocoon

Tips:
- Use a bean bag to support the baby
- Add texture with a cocoon
- Simple background with a black fabric

Camera setting:
- Studio light
- ISO 100
- 1/250, f8
- Manual setting
Newborn Photography – baby poses

Close up of face:
- Parent favorite

Tips:
- Lay baby tummy down on a bean bag
- Add texture with a crochet beanie
- Simple background with a white blanket

Camera setting:
- Natural light
- ISO 400
- 1/400, f1.6
- Manual setting
Newborn Photography – baby poses

In a basket:
- Tummy down in a basket
- Same pose, different angles

Tips:
- Make sure baby is deep asleep
- Lay baby tummy down on the basket
- Add some weight inside the basket to avoid tipping over. Fill the basket with blankets/throw
- Place a fur fabric on top for added texture

Camera setting:
- Natural light
- ISO 250
- 1/400, f2.8
- Manual setting
Newborn Photography – baby poses

In a vintage bowl:

- Tummy down in a vintage bowl
- Try different angles

Tips:

- Make sure baby is deep asleep
- Lay baby tummy down in the bowl
- Place a fur fabric on top for added texture

Camera setting:

- Natural light
- ISO 250
- 1/400, f2.8
- Manual setting
Newborn Photography – baby poses

Close up of fingers and toes:
- Sit baby on daddy’s lap
- Play with a macro lens!

Tips:
- Baby can be awake for this pose
- Include the rings for added interest

Camera setting:
- Natural light
- ISO 400
- 1/160, f2.8
- Manual setting
Newborn Photography - poses

- **Mommy and Daddy with baby**
  - Baby with mommy cheek to cheek
  - Baby with daddy cheek to cheek
  - Mommy kissing the baby’s cheek
  - Daddy kissing the baby’s cheek
  - Mommy & Daddy kissing baby's cheek together
  - Baby hanging on daddy’s arm
  - Baby’s head on mommy’s/daddy’s hands
Newborn Photography – family poses
Newborn Photography – more tips

Posing Tips:
- Get in closer
- Focus on the eyes
- Use tight crop
- Mommy and Daddy - wear black to be used as background

Composition:
- Try different compositions
- Full body
- Close up of face
- Include some background to show interest and size

Camera setting:
- Natural light
- ISO 250
- 1/250, f2.8
- Manual setting
Newborn Photography - backgrounds

White blanket on a bean bag
  - Try other colors as well

Pattern fabrics
  - by-the-yard fabrics from local fabrics store

Leather fabrics
  - www.fabrics.com

Flooring
  - Bamboo rug
Newborn Photography - props

- **Simple props with texture**
  - Basket
  - Vintage bowl/plate
    - Show how small the baby is
  - Blankets
  - Knitted wraps/cocoon
  - Knitted beanie/hats
  - Girls: headbands
Pull up shot of the newborn photo setup at client’s home

Camera setting:
- Natural light
- ISO 250
- 1/400, f2.8
- Manual setting
Newborn Photography – pull up shots

Pull up shot of the newborn photo setup at client’s home

Camera setting:
- Natural light
- ISO 500
- 1/320, f1.8
- Manual setting