



# Aliana Bruce

## PHOTOGRAPHY

Congratulations on the arrival of your new baby!  
We look forward to photographing your little one.

### **Preparation Instructions:**

Here are some VERY IMPORTANT things to do in order to ensure a successful newborn session (We know some of these may sound extreme but its our responsibility to ensure we inform you what conditions make for a good session.

1. **Please plan to feed your baby a FULL feed before you leave home** so when you get in the studio baby is ready for the session. If you can, just if you can, try to keep your baby awake for 2-3 hours before you feed him/her. This will help baby feel more sleepy when you arrive in the studio. Without this, we can spend too much time getting them to sleep and not as much time photographing them. If you need to give the baby a bath to help keep them awake or get them naked, those are some tricks to use. We will get amazing images if your baby sleeps through the session. Again if you think you can't keep baby wake its fine follow your own routine, but don't forget to feed the baby in full before you leave home.

2. Please bring a bottle of formula or breast milk to the session along with a pacifier should we need it. We understand that many mothers are trying to avoid a pacifier during this critical time of learning to breast feed, however we may need to use it if absolutely necessary. The reason is to avoid contact with mummy as much as possible while we are in the "rhythm" of a session. Baby can smell mum and hear her voice and this triggers their instinct to feed. It can be quite a distraction for a little newborn. Using a bottle or pacifier when needed helps us to maintain the fluidity of the session and helps baby settle easier. We will only use it as a last resort to soothe an unsettled baby. If you are adamantly against a pacifier or bottle, please let us know and we will accommodate your needs. I do have new pacifiers in the studio, let me know if you prefer to use mine and I will sterilise for the session. You can take with you at the end of the session if you like.

3. Please, if you have a baby boy DO NOT CIRCUMCISE your baby before your session. We will be wrapping him tightly and moving him between different poses which can be extremely painful with a raw circumcision. We WILL NOT photograph a newborn boy who has been circumcised less than 6 days prior to the session.

**4. If you are breast-feeding, try to avoid eating anything spicy or gas inducing (i.e. Chocolate coffees pizza, spicy sauces, garlic, broccoli, thai food, high fat etc.) that might upset baby's tummy for 48 hours preceding your scheduled session. It's best to stick to a relatively bland diet the 48 hours before your session.**

5. Dress baby in loose fitting clothes to avoid any lines on skin – A onesie that opens in the front is best, as this avoids us having to lift anything tight over baby's head.

**6. The studio will be heated intensely to keep your little one warm, so dress in layers so that you can remove some if you get too warm.**

7. During the session, take advantage of this time to rest, feel free to bring a book or something that make you relax if you like, Daddy can help if needed! We want you to feel as comfortable as possible so please relax.

8. Please leave baby in their car seat when you bring him/her into the studio.

9. Newborn sessions generally take 1-3 hours, so please plan for that.

**10. If there are older siblings that will be included in photos, those images will be photographed at the start of the session. We suggest either bringing two cars so that Dad can take older sibling(s) back home after we finish with family images, or have your spouse/partner take older sibling(s) out on errands or to grab a snack while we complete the session. Guildford has a number of places for kids to have fun, one very close is the Spectrum (3-4 minutes drive away from my home studio) it has lots of options for kids there like soft play, huge leisure swimming pool, bowling and iceskating.**

11. We recommend bringing no more than yourself, your spouse/partner and children. Lots of people in the studio make for somewhat challenging creative conditions and it's tight in our cozy LITTLE space.

12. **No cameras are allowed during your session.** We understand this is a momentous time in your life that you want to capture. However, we are working very hard to create unique, artistic images for you and another camera in our midst is distracting and uncomfortable for the photographer. Please respect copyright and the artist's individual creation and do not take pictures during your session.

13. Please bear in mind during the session I will not have time to stop to prepare food for you. I do offer biscuits and some drinks, however please feel free to bring some snacks or food for you, especially if mum is breastfeeding as she needs to eat well.

### **What To Wear:**

For Sessions that include images with parents, we recommend a long sleeve shirt for Dad in a neutral colour. For mum - Plain, neutral fitted clothes work well.

We can wrap mum in fabrics here at the studio if preferred, so please bring a strapless bra in nude or white for mum.

Beige, khaki, olive green, burgundy, navy, charcoal, taupe, cream and brown are all great colours. Think "muted" tones.

For one specific image I will need parents to wear a dark top, can be navy, black, brown dark grey, this image will be delivered in black and white

If mum can also please stick to light/neutral make-up and groom hair in a way you want it to be remembered in years to come.

Siblings should be dressed in neutral tones like dad. Jeans or khaki pants work well for boys and "sundress" style looks with NO pattern look best on girls. Again, keep colours neutral and "muted" so that faces stand out more than the clothes they are wearing. Bright colours detract from your children's beautiful expressions.

Thank you again for choosing Aliana Bruce Photography to document this special time in your lives. We are honoured you chose us, and consider photographing your newborn a great responsibility and privilege. Thank you.

Aliana Bruce Photography is located at:  
24 Gatley Drive, Burpham, Guildford, GU4 7JJ.

**If you are using Google Maps to get here please search for "Aliana Bruce Photography" as it will give you a more accurate location than using my postcode.**

The home studio is located in a residential area with plenty of free parking available.  
Aliana's phone number is 07702 151 147 in case you need to call.