

Tangible little moments 
PHOTOGRAPHY



Session Prep Guide

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Preparing for your Family Session

1. **Choose clothing carefully.** Long gone is the look of a whole family in khaki pants and white polos. I recommend a coordinated look while avoiding looking “matchy matchy.” Think similar, coordinating colors but with the same pop of color here and there. If you would like me to take a look at your outfit choices before the session, you’re welcomed to send me some photos!
2. **Plan around nap time.** While it is best to shoot a few hours before sunset or right after the sun rises, if you have a little one that will be unhappy at those times, please let me know. We want your children to be at their happiest. We can always choose a location with shady options so that we can shoot any time of day.
3. **Don’t be afraid of candid photos.** While I do some posing during your session, a lot of it will be very natural interactive moments between you and your family. If your child is seeming uncooperative and not wanting to look at the camera, continue laughing and playing. Most of my favorite family shots are when everyone is laughing amongst each other.
4. **Pack a little bag of necessities.** I recommend bringing some type of little snack just in case your children need a break (non-messy snacks like goldfish or pretzels are great), a favorite toy and an outfit change just in case!
5. **Have more questions?** Please don’t hesitate to reach out!





Preparing for your Maternity Session

1. **When should I get my photos done?** Choosing the right timeframe for your maternity photos is very important. We want you to look very pregnant with a nice, round belly, but we don't want you to be so pregnant that you are starting to feel uncomfortable. For this reason, I recommend getting your photos done during your 7th or 8th month.
2. **What should I wear?** I have a variety of maternity dresses available for you to use during your session. These special dresses are made especially for photography and will look great in your photos. If you would like to consider wearing a few dresses, let me know and I will send you a gallery of images so that you can choose from my collection. If you do not want to wear one of my dresses, I recommend wearing something that you feel beautiful in. A solid, form fitting dress always looks great. Just be weary of wearing scarves, cardigans or busy patterns. We want to accentuate your belly, not hide it! If you have questions about how to dress your family, please see instructions in our family prep section.
3. **What should I bring?** If you are planning on wearing some of my dresses or if you are interested in a few boudoir style photos during your session, bring a pair of black, white, & nude underwear and matching bras if you have them. Some clients choose to bring ultrasounds, shoes, or other special items for their session. You are welcomed to do that but don't feel like you have to bring anything. This session is primarily to focus on you and your baby bump!
4. **Questions?** If you have any other questions before your session, please don't hesitate to reach out! This session is going to be so much fun so come relaxed and ready to enjoy yourself!



Preparing for your Fresh48 Session

1. **Do you photograph at all hospitals?** Yes. I photograph at Virtua Voorhees and Virtua in Mt. Holly for no additional charge. Any other hospital will require an additional travel charge.
2. **When should I let you know I'm in labor?** Please make sure that you, your partner or a family member calls or texts me as soon as you are heading to the hospital in labor. After you deliver and things settle down, please contact me so that we can schedule a time within 48 hours for me to come to the hospital and photograph your new little one.
3. **What should I wear?** I prefer a very relaxed atmosphere for your Fresh48. This is meant to capture your very special time in the hospital so don't feel like you have to get dressed up for this session. Most people wear comfortable sweats or hospital gowns. That is perfectly fine.
4. **What should the baby wear?** Your baby will be swaddled comfortably throughout most of the session. While some prefer the provided hospital blanket and hat, some people will bring a blanket and hat from home.
5. **Will we do any posed or naked shots of my newborn?** No. This is a lifestyle session- if you are looking for a posed session with lighting, outfits and props, I recommend my in-home or in-studio newborn session.
6. **Who is allowed to attend my session?** Anyone is allowed to be present at your fresh48 session. Siblings, parents, grandparents or other visitors are welcomed to be photographed with your newborn.

****If you have a little boy and are planning on circumcision, please try to ask your nurses approximately when that surgery will take place so that we can do our best to schedule around it.****



Preparing for your Newborn Session

- 1. When should I schedule?** Please assign someone the job of contacting me when you go into labor. After you are settled in your hospital room, I recommend contacting me to schedule your appointment so that you have your first choice of dates. Please keep in mind that newborns sessions ideally should be scheduled during the first 6-14 days of life to ensure that we can get those classic sleepy newborn poses. If you have an older newborn, you are welcomed to still contact me so that we can discuss a session.
- 2. In-Studio:** If your session is scheduled at my studio in Medford, New Jersey, please come prepared with the feeding materials of your choice. If you are nursing, feel free to nurse in my studio or pump beforehand- whatever makes you comfortable! If you decide to pump or if your baby is formula-fed, please bring an extra bottle or two just in case. ****If your baby takes 30+ minutes to feed, please contact me for special feeding instructions.**** **In-Home:** If we are doing an in-home session, I will set up a mini-studio in the room with the best natural lighting. My setup does not require a lot of space so please don't feel the need to clean up or rearrange anything. Because your little one is used to the warmth of Mommy's belly, I recommend turning up the heat to 75-80 so that the baby will be comfortable and relaxed.
- 3. Siblings?** Siblings are more than welcomed to attend your newborn session. If you have a sibling under the age of three, please consider bringing an extra person to spend time with them during the session. Sessions typically last for about 1-3 hours so having someone present that can take them for a walk or out for some ice cream when they are not being photographed could be helpful.
- 4. What should I bring?** Newborns typically photograph best in bare skin or in clothing made specifically for newborn photography. I have a ton of props (headbands, hats, wraps, outfits, etc.) so don't feel like you need to bring anything for the shoot. Although it is not mandatory, some people like to bring a prop or two pertaining to mom or dad's career/hobbies. Feel bring a special item along and I will do my best to incorporate it into your shoot.
- 5. How to prepare your newborn:** We want your baby to sleep throughout the entirety of the session. Obviously they may have their own agenda but there are several things that we can do to make this happen: Do not give a full feeding for three hours before your shoot. Small, spot feedings to hold them over is okay if you absolutely have to. Plan to give them a full feeding right when you arrive to my studio. Also, do your best to keep your newborn awake for an hour before the session. A good way to do this is to give them a bath or to sit and interact with them in the car on your way to the session.
- 6. Questions?** Please don't hesitate to ask me!





Preparing for your Cake Smash Session

1. **When should I schedule?** Cake smash sessions are generally booked no more than a month before your child's actual birthday.
2. **Outfits:** While my studio is stocked with many props and accessories, you will need to bring outfits for the session. We will begin your baby's session with a few regular portraits. Feel free to bring a separate outfit for this portion of the session. For the actual cake smash, boys look great in blue jeans paired with suspenders or a tie. A pair of leggings, a onesie and a cute hat will also do the trick. For girls, ruffled bottoms, leggings, pearls and a tutu are perfect. If you are in need of a tutu, please let me know. I work with a local vendor who makes custom tutus for \$20.
3. **The Cake:** Giant cupcakes or small-tiered cakes photograph best. Remember, the baby will be smashing the cake into a thousand pieces. I recommend a simple yellow cake with butter cream or whipped cream frosting. Fondant is pretty but not easy to eat with your fingers. Red or brown cake/icing is not recommended. I recommend Whole Foods, L&M Bakery or Sweet Eats for the cake. ShopRite also does a free 1st birthday cake when you present your child's birth certificate.
4. **Themes & Colors:** I love a good theme, but prefer to keep it minimal. For me as an artist, it is more important to focus on your baby rather than the decorations. Choosing colors for a cake smash can be tough. I suggest choosing colors (or a theme) that matches the nursery or their birthday party theme. I will provide decorations that coordinate with your requested theme.
5. **Before the Session:** It is very possible that your baby will not like the taste or texture of the cake. I suggest buying your baby a little cupcake the week before to see how he or she reacts to playing in the icing and eating it. It will help them get used to the new food.
6. **The Day Of:** Don't be alarmed if your baby doesn't tear away at the frosting immediately. Some babies eat neatly while others dive right in. Some babies need a little assistance from mom or dad to figure out what to do. It is a process that should be exciting for both of you. Please be aware that not all babies enjoy smashing their cake and it is possible that your child will be inconsolable if that do not like it. For this reason, I do not reshoot cake smashes.
7. **The Mess:** Giving a cake to a baby surely makes a mess. My studio has a sink that you are welcomed to use. Either way, I recommend bringing wipes, a towel and a change of clothing for the whole family.
8. **Questions?** Please don't hesitate to ask me!





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