

NEWBORN

Drop Guide



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How to prepare

FOR YOUR NEWBORN SESSION WITH MEG



Hi again!

I've filled this prep guide with lots of great tips and tricks to help your Newborn session go as smooth as possible.

As always, if you've read through the guide and still have questions, feel free to reach out by email or phone and I'll be happy to help!

Light

As you've seen from my website and instagram, my style is natural and light. I LOVE using natural light, so before your session, I urge you to take a look at your home and notice when you get the best in-direct light. That is usually in the late morning or early afternoon when the sun isn't shining DIRECTLY through the windows. It's also good to notice when you have the best direct light (sun shining through the windows so you make shadows). Both are useful tools for photography and I will make note of those times when scheduling the time of your session if we haven't already scheduled the specific time of day.

Chances are, if we schedule between 9am and 3pm we should be great lighting-wise, but if your home is unusually dark, please let me know and I'll bring a flash set.

What to wear

BABY

You've probably already stocked up on all the baby essentials and been gifted SO many cute clothes for your little one, but if you're looking for something special for your newborn session here are my tips!

Simple is best



Clothing with patterns and words can be cute when taking snapshots for the grandparents, but sometimes they can be distracting to the most important part of the photo- YOUR BABY! I always recommend solid colors, or a very subtle patterned swaddle so we don't take away from the cuteness!

A white or grey onesie paired with a bow or swaddle is perfect if you don't want to spend money on a knitted outfit they will only wear once.

Wash ALL Clothing

Make sure clothing and blankets have been washed and laid out to dry prior to your session. Some clothing dyes can harm baby's skin, and you don't want to end the session with an unexpected rash :(

Swaddles

I highly recommend stretchy or cotton/muslin swaddles for newborns. They are especially helpful if baby is fussy or needs to fall asleep.

Choose a swaddle with a solid color or a subtle pattern so it's not too distracting.



What to wear

BABY

Colors

I always recommend going with neutral colors and colors that go with your home decor or nursery colors.

That's where we will be photographing so it only makes sense that you don't clash with the background. When in doubt, white usually works.

Favorite Shops

Monica + Andy
Alex and Nova
Lou Lou Lollipop
Colored Organics
Elegant Baby
Zara
H&M





accessories

Hair bands and bows are super cute for girl babies. Make sure the band is soft so we don't scratch baby's head. If the band has a bow, make sure it's SMALL and doesn't overwhelm or cover baby's face.

Parents – Avoid big watches and any jewelry that will distract from your lovely faces.

props

KEEP IT NATURAL

Props are not essential to lifestyle photos. You're welcome to provide many or none at all.

I would say less is usually more, but sometimes a special prop can add to the shot. The goal is to keep it natural looking so it isn't too 'POSED'

Dogs are always welcome

Blankets

Baskets

Teether/ Pacifier

Favorite baby toy

Special baby heirloom / rattle

Special lovey / stuffed animal



What to wear

parents



COMFORT IS KEY

You just had a baby. Your body is different. Don't worry that you don't quite fit into those skinny jeans right now. The most important thing is to be comfortable and relaxed with your baby. You can wear PJs if you want! Remember that a lifestyle session is about capturing you being a family in your home.

Most couples go with 'casual comfort plus one' which to me is like if you were going to have a friend over for dinner that you've known for a long time. You don't have to dress up for them, but you should probably fix your hair and put on an easy dress or loose top and leggings.

FOR DAD

If mom decides to wear a dress, dad should wear a button down or nice sweater so it looks balanced. If mom is wearing leggings and a T-shirt, dad can be in jeans and a t-shirt too. The point is that you look balanced together, and one person isn't more dressed up.

COLORS

Stick with neutral colors that go with your home decor. Avoid anything neon, or bright red or orange as those colors tend to cast onto the skin.





Big brother / sister

big sister / big brother

SIBLINGS AND FURRY FRIENDS

I love seeing the natural bond between siblings, especially when they've just met! Usually I don't have any trouble getting the big brother or big sister to step up and take a turn holding the baby, but if they're too young or just not feeling up to it, that's OKAY! We will go with the flow and capture their love from a distance or with the help of mom and dad (or perhaps a teeny tiny bribe).

My advice is to have plenty of prep for the older siblings before i arrive to the session. Tell them what's going to happen, make it exciting and fun (not some thing scary or serious). For toddlers, hype up how they get to show MEG how they can be the BEST helper!



Dogs and cats are totally welcome! I don't claim to be a dog whisperer, but if I can get a picture of a dog and a baby together, I call it a success.







The big day

The day of your session, please block off 2–3 hours. We probably will not use all that time. The session itself will be relaxed and have plenty of time for diaper changes and feedings. This also leaves enough time if someone has a meltdown or we need to take a snack break.

If you'd like some tasteful nursing photos, you can wait to feed the baby till I arrive, otherwise it's best to feed the baby right before our scheduled session.

You can have the baby dressed in your favorite outfit with a bib or burp-cloth to catch any spit-up, or a simple onesie with a swaddle on top.

Don't worry about the messy home, it happens with a newborn. Just focus on decluttering the rooms with the best light. Usually that's the nursery and the parent's bedroom or living room.



The big reveal

Within just a couple weeks of your session, you'll receive an email from me letting you know that your photos are ready. Once you've had a chance to see them and marvel for a bit, you'll decide on a collection you want to purchase. After that, you'll have a full month to select the specific digital files and print items you want to use to fill that collection... zero pressure! If you're like me and like to see and feel things like album covers and paper types in person, I have some samples of the physical products I offer at my home, and I'm more than happy to set up a time to have you hold the products.

COLLECTIONS

COLLECTION A: \$650

Choice of 20 high-resolution digital files

\$150 gift credit good toward your choice of anything in the gallery store: prints, frames, albums, digital files, etc.

COLLECTION B: \$950

 most popular

Choice of 40 high-resolution digital files

\$300 gift credit good toward your choice of anything in the gallery store: prints, frames, albums, digital files, etc.

COLLECTION C: \$1200

All high resolution digital files

\$600 gift credit good towards your choice of anything in the gallery store: prints, frames, albums, digital files, etc.

What to do

WITH YOUR PHOTOS

GLASS KEEPSAKE BOX

Perfect for displaying your prints on a shelf or coffee table.
Starting at \$185 with 10 prints



PRINTS

Choose from matte, semi-gloss, fine art, or deckled edge.
Price range \$10 - \$200



WALL ART

Choose from Framed print, Canvas or acrylic print. Available in all sizes starting at \$140.



ALBUMS

Heirloom quality layflat custom albums are available for purchase through your gallery.
Price range \$170-\$2000



BABY ANNOUNCEMENT

Custom cards to send to family and friends announcing your little bundle of joy.
Available through your online gallery store
Price range \$75 - \$95 per pack

Print Your Photos!

That way you can see them everyday, just saving them on your hard drive they will get lost and forgotten.

I love canvases! They are timeless and look beautiful on any wall. No need to match or find frames! My favorite set is two 16x24s and a 24x36 between them. You need a larger size than you think to look good over your couch, fireplace, or over your bed!

Other wall art options are framed prints, or acrylic prints.



Newborn Timeline

2-4 WEEKS BEFORE

Take maternity photos. Plan your outfits.
organize nursery.

BABY IS BORN!

Call or email Meg to arrange
the newborn session
Session fee is due upon booking

NEWBORN SESSION

1-2 WEEKS LATER

The preview to your gallery is ready!
Choose your package and use your print
credit!

2 WEEKS LATER

Receive your print products and
display in your home.

BOOK 6 MONTH OR MILESTONE SESSION

3 months, 6 months, 9 months and 1 year are all
popular times for a session.

CHECK OUT THE BLOG

Your session may be featured on Meg Rybicki
Photography blog. Share with friends and family!



Checklist



TO DO

- Get Outfits together (feel free to text me pics for help)
- Pro Hair and Makeup Booked if desired
- Tidy nursery and de-clutter home
- Arrange for help with older siblings / pets

TO HAVE READY

- Second outfit (for both baby and parents just in case)
- Accessories/Props (such as loveys)
- diapers for baby / pacifier / pumped milk in a bottle or formula
- Water / snacks
- swaddles

Thank You!

I am so excited to work with you!
I hope this guide was helpful. Please feel free to reach out at any time with
questions. My cell is 336-413-7427.



MEG RYBICKI
PHOTOGRAPHY