

photographing your newborn at home

brought to you by Deedee Zimon Photography, in the time of COVID-19

Deedee Zimon
PHOTOGRAPHY

Hello!

Thanks to COVID, I'm unable to photograph your newborn at this moment. This breaks my heart, so I wanted to pass along a guide for how you can still capture this fleeting time, yep even with your phone!

Before getting started

Babies are energy-based and will pick up on your anxiety or stress, relax and go with the flow.

Turn up the heat so that the room is warm, give baby a good feed and burp him/her, so that baby is happy and sleepy. Of course shots of baby with his/her eyes open are amazing too!

You don't need a fancypants camera, experiment with your phone on portrait mode.

Have the family wear comfortable, neutral clothing free of logos/characters/words. Baby will probably be happiest when swaddled tightly. But I also love a shot of a baby in a simple white onesie. While newborn clothing is adorable, your baby will most likely be swimming in most outfits.

Know that you might not be able to accomplish all of this in one "session". Give baby, and you some breaks!

Quick Tips

Light

Try to take your photos in a room that gets the best (but not direct) natural light. North/South facing windows are great. When positioning baby, always have light come from the side, or the top of baby's head.

Siblings

Always have an adult nearby when posing siblings with newborns. Set your expectations low and try another time if big brother or sister isn't having it. Oh, and bribe.

Safety

The safety and comfort of your baby is way more important than a photo. Don't attempt the poses that you see newborn photographers do, as we are trained in newborn safety and posing.

Pets and siblings should never be photographed with a newborn unless you have an adult VERY close, ensuring baby's safety.

Pace yourself. Baby will let you know if he/she is done with photos. And you just had a baby, so cut yourself some slack.

Editing

Take lots of images so that you have a lot to choose from. On your phone, the VSCO app is great for editing photos.

Overhead



Spread a blanket, swaddle or sheet on the floor near a window. It's best to go with a neutral (gray, white, cream) or an interesting pattern (watercolor florals, arrows, etc.)

Position baby with the light coming down the top of his/her head.

Take photos looking straight down, not up baby's nose!



On the Bed



Use a large bed, usually the master bedroom.

Simple/neutral bedding looks best.

Lay baby on bottom half of bed with his/her head by the window

Get down and take photos at baby's eye level.

Add mama laying down for a gorgeous shot.



Tucked In



This is a favorite of mine! Lay a simple blanket on your bed or the floor.

Lay baby so that light is coming down the top or side of his/her head.

Fold the bottom part of the blanket up, tucking it under baby's chin.

You can put something heavy on each side of the blanket so that baby stays tucked in tight.

Take a photo from directly overhead, looking down.



In the Crib



Lay baby down in his/her crib, with baby's head towards the window.

Take shots from multiple angles:

- Looking straight down
- Through the slats of the crib
- With parent or sibling leaning over crib with a hand on baby



Sibling Images



Lay a blanket or rug on the floor close to a window. Tuck some rolled up swaddles or receiving blankets underneath to create a place for the older sibling to rest his/her head.

Have sibling lie down with the top of his/her head by the window.

Place tightly wrapped baby right up next to the sibling,

Ask sibling to place their hand on baby's tummy. Or give baby a kiss on the head.

Take photo standing over them, looking straight down.

Have another adult nearby to "spot" for baby!

Details



Lay baby on a white or neutral blanket close to a window.

Focus on one part at a time and make the entire photo about that part! My favorites are tiny toes, hands, lips, eyelashes, wisps of hair, little rolls and even flaky skin.



Parents / Family



Position family members with window light coming from the side.

Use a tripod if you have one, activate the timer then jump into the frame! This is probably better for dad to do :)



Thank You!

We are going through a remarkable time in history, everyone apart, yet “together” at the same time. I wanted to do my part to help, (as small as it may be!)

I look forward to photographing you and your family once we are on the other side of COVID!

Much love,

Deedee