

Newborn Photography — Workbook

This workbook turns the Newborn Photography course into a safe, repeatable studio practice. You will write your safety and composite protocols, prepare your room and posing surface, drill the core pose sequence, and build the client experience and delivery system. Work through one section per module, then use the templates to run every newborn session the same safe way.

Safety First: Spotting, Composites, and Studio Setup

Lock in the non-negotiable safety habits and a studio that keeps a newborn warm, clean, and asleep.

Exercise: Write Your Spotter Script

Choose two poses you intend to shoot and write, word for word, how you will direct a spotter for each. Practice saying the directions aloud so they are automatic during a live session.

- For each pose, where exactly does the spotter's hand go (head, bottom, wrist)?

- What is your spoken cue to the spotter before you raise the camera?

- What is your rule for when the spotter is allowed to let go?

- Which pose on your wish list is actually a composite rather than a live shot?

Worksheet: Composite Plan Worksheet

Plan one composite pose, such as froggy or chin-on-hands. Map the safe frames you will shoot and how you will merge them, before you ever attempt it on a baby.

Composite pose name

Camera locked on tripod (yes/no)

Frame 1: what the spotter supports

Frame 2: what the spotter supports

Any additional safety frame needed

Editing step to merge the frames

Spotting hands to erase in post

Checklist: Studio Readiness Checklist

- Heated the room to about 26 to 28 C (80 to 82 F) before arrival
- Warmed the beanbag with a heating pad, then turned it off before posing
- Washed hands and placed sanitizer at the posing station
- Laundered all wraps, blankets, and headbands since the last session
- Set up white noise at a steady volume
- Positioned one soft light from above and slightly behind the head
- Cleared the floor so a spotter can move freely

The Core Newborn Posing Sequence

Drill the standard poses in their safe order so the sequence flows without waking the baby.

Exercise: Practice the Sequence on a Training Baby

Using a weighted training doll on your beanbag, move through taco, side-lying, bum-up, and a supported seated pose in order. Time yourself and note where transitions feel clumsy.

- How did you move the baby as a single unit between poses?

- Where did a transition feel rushed or risky, and how will you fix it?

- How will you check for deep sleep before attempting bum-up?

- Which pose will you skip first if a real baby will not settle?

Worksheet: Pose Sequence Planner

Plan the order of poses for a typical session, noting the safety point and spotter position for each. Keep it to a sequence you can run calmly.

Pose 1 (settling pose)

Pose 2

Pose 3

Pose 4 (family or parent shot)

Spotter hand position for each pose

Key safety note for each pose (airway, support, no force)

Which poses are composites

Checklist: Per-Pose Safety Checklist

- Confirmed the baby is in deep sleep before any involved pose
- Kept the airway clear with no fabric near the nose or mouth
- Turned the head to the side for any front-lying pose
- Hid rolled support under the blanket, never against the skin
- Kept a spotting hand on the baby throughout
- Moved the baby as one unit, supporting head and bottom together
- Abandoned any pose the baby resisted or that felt risky

Wrapping, the Bean Bag, and Soothing

Build the hands-on craft: a clean posing surface, reliable wraps, and a soothing routine.

Exercise: Master Two Wraps and One Nest

Practice two wrap styles and one beanbag nest until they are smooth and fast. Check the two-finger test on every wrap and confirm no support touches the doll's skin.

- Which two wrap styles will be your reliable go-tos?

- Did each wrap pass the two-finger test for snugness?

- How did you shape the nest so the body settles into a curl?

- Where are the rolled supports hidden so they never show or press?

Worksheet: Prop and Fabric Inventory Worksheet

List the wraps, fabrics, and props you own and note color, material, and whether each is laundered and ready. Identify gaps to fill.

Item (wrap, backdrop, headband, prop)

Color or tone

Material (knit, jersey, other)

Approximate length

Laundered and ready (yes/no)

Gap to fill or replacement needed

Checklist: Soothing Routine Checklist

- Planned the session around a feed so the baby arrives ready
- White noise running before the baby is placed
- Pacifier available and parental consent confirmed
- Responded to the first small stir, not a full cry
- Used shushing, gentle patting, and swaddle pressure together
- Paused for feeds and changes without rushing
- Watched for rooting (hunger) and squirming or color change (overstimulation)

Client Experience, Workflow, and Delivery

Stand up the business side: due-date booking, a calm in-studio experience, and a gallery that sells.

Exercise: Write Your Parent Prep Guide

Draft the short preparation message you will send every family before a session. Cover scheduling around the due date, feeding, clothing, what to bring, and the unhurried pace.

- How will you explain booking by due date and a flexible window?

- What feeding and wake guidance will you give for the morning of the session?

- What should parents bring, and why loose, mark-free clothing?

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- How will you set the expectation of a two to four hour, relaxed session?
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Worksheet: Session Day Run Sheet

Build a run sheet for the session so the in-studio time is calm and led. Fill the timing column on the day; leave the actual end time blank until the session finishes.

Family name and baby's date of birth

Confirmed shot list and prop preferences

Who will spot (parent or assistant)

Planned start time

Feeding and break plan

Color and outfit choices

Actual end time

Checklist: Editing and Delivery Checklist

- [] Evened out skin tone and removed temporary marks while keeping texture
- [] Avoided over-smoothing fine hair, lashes, and real skin detail
- [] Finished composites and erased all spotting hands
- [] Culled to the best version of each pose, not near-duplicates
- [] Delivered a clear variety of wrapped, naked, prop, and family images
- [] Sent a quick sneak peek of a few favorites
- [] Presented the full gallery in a guided ordering session
- [] Delivered the final gallery within the promised timeframe

Your Action Plan

1. Write and rehearse your spotter script and your studio safety protocol
2. Plan and practice one composite pose end to end before using it on a baby
3. Prepare the room: heat, sanitation, white noise, and a single soft light
4. Shape a reliable beanbag nest and master two go-to wrap styles
5. Drill the taco, side-lying, bum-up, and supported seated sequence on a training doll
6. Build a soothing routine and time sessions around feeds with breaks built in
7. Create a parent prep guide and book sessions by due date with a flexible window
8. Run sessions with calm leadership and give nervous parents the spotting role
9. Edit newborns gently, cull to a strong varied set, and finish composites
10. Deliver a sneak peek fast and present the full gallery in a guided ordering session

