



FREE GUIDE • FAY SAGE PHOTOGRAPHY

10 Tips Every Parent Should Know Before Their Newborn Photoshoot

Because they are only this little once.



A short, practical guide to help you prepare for your newborn session — so you can relax and simply enjoy this precious time.

A Personal Welcome

Thank you for your interest in Fay Sage Photography. Becoming a parent is one of life's greatest blessings, and I feel honoured every time a family trusts me to capture these fleeting first days. Every newborn session is completely baby-led — there is plenty of time for feeding, cuddles and settling, and never any rush. Here are ten tips to help you feel calm and prepared before your session.

1 Book Early

It's best to book your newborn session while you are still pregnant, ideally after your 20-week scan, so a space can be reserved around your due date. Already welcomed your baby? Get in touch as soon as possible — we'll do our best to accommodate you.



2 Aim for 7–21 Days Old

This is the ideal age for newborn photography, when babies are naturally sleepier and curl beautifully into classic newborn poses. Don't worry if your baby is a little older — every baby is unique and beautiful images are still possible.



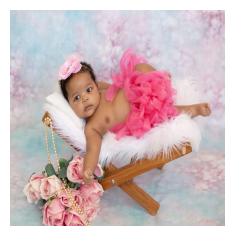
3 Feed Baby Beforehand

If possible, feed your baby just before leaving home or once you arrive at the studio. A full tummy helps babies settle into a deeper sleep for those gorgeous curled-up poses.



4 Pack the Essentials

Bring extra nappies, wipes, extra milk (if bottle feeding), a dummy if used, a favourite blanket or wrap, and any sentimental item you'd like included in your gallery.



5 Dress Baby Simply

Pop your baby into a loose-fitting zip-up sleepsuit before leaving home. It avoids marks on delicate skin and lets us undress them gently without disturbing their sleep.



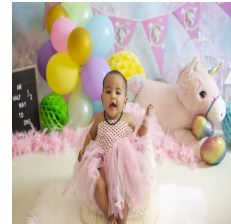
6 **Expect a Relaxed 1–1.5 Hours**

Sessions are entirely baby-led, with pauses for feeding, changing, cuddles or settling whenever needed. There is no rush — ever.



7 **Crying Is Completely Normal**

Feeding, fussing and nappy changes are all a natural part of newborn photography. With patience, beautiful images are created whether baby is asleep or wide awake.



8 **Safety Always Comes First**

Every pose is gently and carefully supported. No baby is ever positioned in a way they're uncomfortable with — if a pose isn't working, we simply move on.



9 **Wear Neutral Tones for Family Photos**

One complimentary family portrait is included in every session. White, cream, beige, black or soft pastels photograph beautifully and keep the focus on your connection.



10 **Download & Back Up Your Gallery**

Your hand-edited gallery of approximately 20 high-resolution images will be ready within 10–14 working days. Save copies in more than one place — these are priceless memories.





Ready to Book Your Session?

Thank you for downloading this guide. It would be an honour to capture this precious, fleeting chapter of your family's story.

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