



# NEWBORN

SESSION GUIDE

2026

Let this guide answer most of your questions  
& to prep for your newborn session with  
ACD Photography

# Timeframe

Traditional Newborn portraits should happen between 7 and 21 days old. This is considering that baby comes close to or full term.

If baby arrives earlier and has to spend some time in the hospital, that is OK! I have photographed preemies at 4ish weeks old.

Regardless, just message me when you are in the hospital or within the first few days of being home to get you scheduled for your session!

All “traditional” newborn sessions (where baby is within 3 weeks old, posed, and wrapped) now take place in my in home studio located in Lawrence Park.



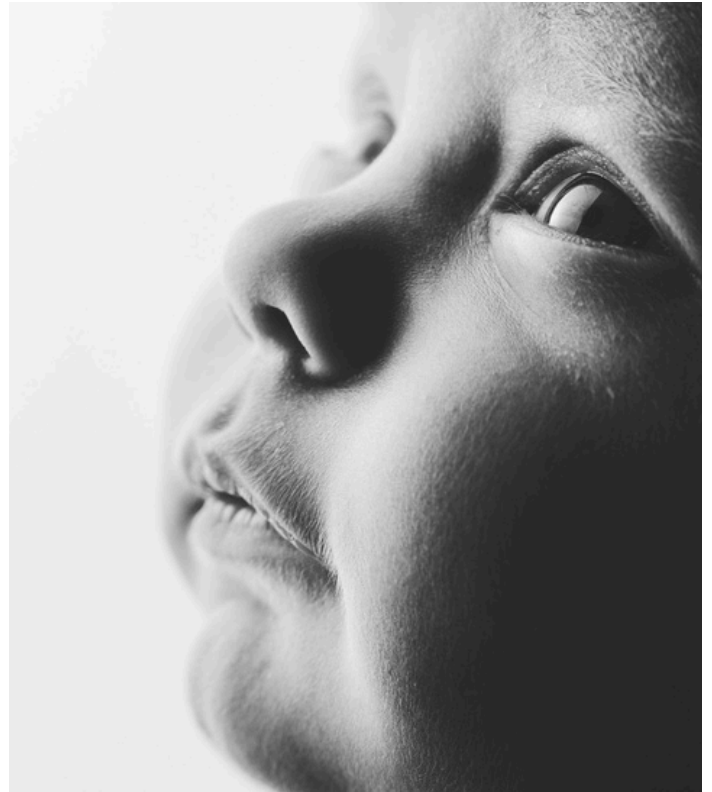
# All Babies Cry

You see these photos of new little babies looking so peaceful and relaxed with not a care in the world. As new parents, you want similar photos of your little one to send out to grandparents, make screensavers, and blast out to our social media pages to show off our amazing baby. But then session day comes around and BAM! – your baby does not want anything to do with it.

You're thinking, "Why won't you stop crying? I've literally done everything I can think of, but you're still not happy. Don't you know I'm paying good money for this session? Sarah's baby cooperated in her session, why can't you just go to sleep and let us get some nice photos?!" If this is happening during your session, I want you to stop, breathe and remember one thing: **all newborns cry**. This is a natural, real emotion that all newborns have for most of their first few months of life. It's not abnormal. There is nothing wrong with your child for doing it. It is nothing to be ashamed of. They aren't doing it to embarrass you. And when you stress out about the fact that your baby is crying, that then makes things even worse because he or she knows you're upset.

This is why most Newborn sessions need a longer package time...about 60 minutes for just baby and adding in an additional 30 minutes for each additional grouping (parent, sibling, etc...)

It allows for time to soothe and feed while still leaving ample time for photos





# SESSION TIPS

Your newborn session is right around the corner! Are you ready? Here's a checklist of things for you to remember in order to make sure you are prepared for photo day!

# Outfits

## HOW MANY OUTFITS?

A Traditional Newborn Session (baby, parent, and family shots) typically includes 2 looks for baby. (looks can mean an outfit, wrapped, or naked shots)

One of the looks must include a wrapped look. Typically family/sibling photos work best when baby is wrapped. \*if you would like to try for some family/parent shots of baby in an outfit, please let me know prior to your session. This will be baby led and can only happen if they sleep!

\*\*all newborn sessions (except the newborn mini, unless you's like to add that!) include macro shots of baby's feet, hands, and profile - all newborn packages, options, and pricing is on my website. Please contact me with any questions or concerns!

## WHAT TYPES OF OUTFITS?

98% of the photos you see in this guide are part of my Newborn client closet that you are more than welcome to use; wraps, outfits, headbands, hats, and props! You could literally just bring Baby and I could supply the rest for your session.

"Newborn Clothes" normally don't fit the baby well or are itchy, causing them discomfort. While I'm not against you bringing an outfit(s) for baby, my Newborn collection of outfits are tailored to their tiny size.

To browse my Newborn outfit client collection, I will send you a gorgeous digital guide that shows everything! You could literally just bring your baby to my studio and I could supply the rest for them. I will need your choices about 24 hours prior to your session date and time so I can have the items ready to go in my studio!







# SESSION TIPS

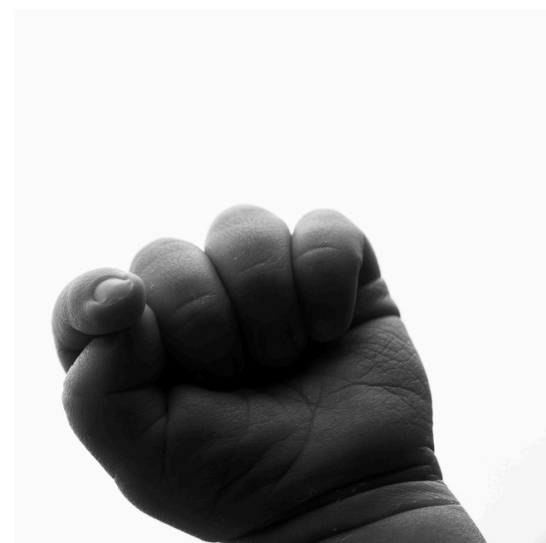
Don't forget to feed your newborn before the session - as close to the session as possible. Also, pack extra bottles just in case hunger strikes again while we're shooting. Typically food breaks happen in between changes and is totally normal. Breast feeding is totally okay. Extra soothing items like pacifiers is something great to bring that I will use to help keep baby calm, happy and SLEEPY.

**\*\*The studio will be heated - don't be afraid to dress in layers! I always start out with family photos first to help with that and I do have an area just outside of my studio that you can cool off and take breaks\*\***

If you're providing an outfit for the session, please don't change your newborn into their session clothing until after you've arrived in the studio.

Two days prior to the session, pack a bag of everything you will need on picture day – pacifiers, diapers, etc. and put it somewhere you can grab it and go. Be sure to include extra wipes in case things get messy, and other “emergency” items,.

Accidents happen and it is NO big deal. Diaper changes...blowouts... spit up.... you name it. Newborn life is an interesting one and that is why everything is washable and is changed and sanitized after each session.



# FAQ's

- Please try to arrive on time, if not a few minutes early. Google Map my address prior to leaving and put in to consideration the time of day you're driving (such as school zones, construction, and the weather).
- The Studio room will be heated and calming music will be playing. The idea is to have Baby SLEEP for the best and most time efficient session .
- If you want to wait to change in to your clothes for family photos, that is totally okay! I have a changing area and a bathroom ready for you to use at any time during the session.
- Siblings can get bored or antsy since the session can be lengthy. I have coloring books and crayons to help pass the time, but feel free to bring something else that will keep them occupied. My adjacent room to my studio has a couch and is open to use. Even my backyard is open to get some fresh air and explore.
- I will have preview images ready to you within 2 days after our session! These are just a small handful of some of my favorites from the session and to help with the wait of your full gallery, which will be completed within 7-10 days after your session!
- Unless discussed prior, I will upload previews to my photography page on Facebook. I can privately send or email your images if you'd like, just let me know!



- PLEASE feel free to use any of your photos as profile and/or cover photos. Just tag my photography page (ACD Photography - By Ashlyn Duke) in the description or the comments.



# The Session is Done, Now What?

Your beautiful images that have been hand retouched by me. This is why the editing process takes a while. I hand touch and go through every single image.

My retouching includes light and color correction; blemish removal, cropping, and more. You will also have edits ( about 10-15% of your final edited color images which include black & white, sepia, vintage, special effects, and more) in addition to your color images.

Lastly, your gallery will also have a print release. Please show the release to any local lab when picking up your prints/photo gifts.

**\*\*Galleries remain active for just about 1 year. Please make sure you download, save, and backup your images.**



## WHAT ABOUT PRINTING?

SUCH a good question! The value that you put in to your session should reflect in where you order your prints as well.

My gallery website is a reputable lab along with Smallwoods, Tiny Prints, and Vistaprint.

Other places like Walgreens or CVS are decent for a quick, easy print, but please stay away from grocery stores with photo labs.

I'm happy to send you links to my recommended print sites, just contact me

Thank you so much for taking the time to read over and familiarize yourself with the Newborn Session process that I have to offer for you and your new bundle of joy! As always, if you have any other questions or concerns, don't hesitate to reach out and contact me!

*~Ashlyn*



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All Images Taken In My Studio