

capturing your baby

HELPFUL TIPS FOR PHOTOGRAPHING
THE BIRTH OF YOUR BABY & THE MOMENTS AFTER

A GUIDE & CHECKLIST



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01.

WHAT TO BRING TO THE HOSPITAL

Pack all these items in a separate bag so they can be easily accessed when needed.

BABY

- CARDSTOCK: *for hand & foot prints*
- PRINT PHOTOS OF IMPORTANT FAMILY MEMBERS
- TWO OUTFITS: *one for baby to wear, one to keep*
- TWO BLANKETS: *one for baby to be swaddled, one to keep*
- TWO HATS: *one for baby to wear, one to keep*
- TWO HEADBANDS: *one for baby, one to keep*
- BABY BOOTIES / SHOES
- PERSONALIZED ITEMS (BLANKETS, HATS, ETC.)
- BABY BOOK: *for hand & foot prints, hair clippings, etc.*
- LETTER TO BABY: *write a letter to your baby & read it to baby*
- STUFFED ANIMAL: *(two, one for baby and one for you)*
- FAVORITE CHILDREN'S BOOK TO READ WITH BABY
 - On the Night You Were Born
 - Wherever You Are My Love Will Find You
 - Guess How Much I Love You
 - Goodnight Moon
- HANDPRINT / FOOTPRINT MOLDS
- LETTER BOARD FOR PERSONALIZED PHOTOS
(baby's name, birthdate, weight, length, characteristics or moments to remember, etc.)

MOM

- EYE DROPS
- ROBE
- PJ'S / GOWN
- HEADBAND OR HAIR SCARF
- TINTED LIP BALM
- CONCEALER
- WATERPROOF MASCARA

TOOLS

- CAMERA (OR CAMERA PHONE)
- VIDEO CAMERA (OR CAMERA PHONE)
- CHARGERS FOR BOTH
- OPTIONAL: TRIPOD
- OPTIONAL: IF USING A DSLR CAMERA -
CARD READER / PHONE ADAPTER

EXTRA ITEMS TO REMEMBER



02. PHOTOGRAPHS TO TAKE

BABY

- HAVING THEIR HANDPRINTS MADE
- HAVING THEIR FOOTPRINTS MADE
- HAVING THEIR WEIGHT & LENGTH RECORDED
- HAVING THEIR BATH
- DETAILS OF BABY UNDRESSED, CAPTURING ALL THE DETAILS OF THEIR LITTLE BODY
 - FEET
 - TOES
 - HANDS
 - FINGERS
 - EYELASHES
 - NOSE
 - EARS
 - HAIR
- DIAPERING OF BABY
- DRESSING OF BABY
- OVERHEAD IMAGE OF BABY'S FULL BODY, HEAD TO TOE
- CLOSE-UP OF BABY'S FACE OVERHEAD
- CLOSE-UP OF BABY'S PROFILE
- BABY WITH SPECIAL STUFFED ANIMAL
- BABY WITH SPECIAL ACCESSORIES:
BLANKET, HAT, BOOTIES, PERSONALIZED ITEMS, ETC.
- BABY WITH LETTERBOARD

(displaying name or birth information or favorite bible verse)

FAMILY

- HANDS & FEET IN YOUR HANDS
- BABY WITH EACH PARENT: LOOKING AT CAMERA
- BABY WITH EACH PARENT: LOOKING AT BABY
- BABY WITH EACH PARENT: NUZZLING NOSES
- BABY WITH BOTH PARENTS: LOOKING AT CAMERA
- BABY WITH BOTH PARENTS: LOOKING AT BABY
- BABY WITH BOTH PARENTS: NUZZLING NOSES
- BABY WITH BOTH PARENTS: READING TO BABY
- BABY WITH BOTH PARENTS: PRAYING WITH BABY
- BABY WITH BOTH PARENTS: READING LETTER TO BABY
- BABY WITH BOTH PARENTS: SMILING
- BABY WITH PHOTOS OF IMPORTANT FAMILY MEMBERS
- VIDEO OF KISSES, SNUZZLING, READING
- ANY ADDITIONAL MEMORIES YOU WOULD LIKE TO MAKE

EXTRA

- MEDICAL BOARD IN THE ROOM WITH BABY'S BIRTHDAY, NURSING TEAM, LITTLE DETAILS
- FOOTPRINTS + BANDS (ON THEIR OWN OR WITH BABY)
- HOSPITAL ROOM
- HOSPITAL ROOM DETAILS



03.

HELPFUL TIPS

GENERAL TIPS

- YOU CAN NEVER HAVE ENOUGH; TAKE MORE THAN YOU THINK YOU COULD EVER WANT OR NEED
- TAKE PICTURES FROM MANY DIFFERENT ANGLES
- LET THE NURSES HELP YOU POSE: YOUR SWEET BABY WILL NEED GENTLE HANDLING *If needed, advocate for limiting how much the baby is moved by others and ask the nurses to help with swaddling etc. You're the mama, but they will be so tender to help preserve skin tears, wipe away fluid, adjust hands & feet etc.*
- TAKE PHOTOS OF THEIR LITTLE DETAILS PRIOR TO GETTING THEM ALL SWADDLED UP. *Again, less movement and more time for you just to snuggle them after photos are captured without having to unwrap/adjust further. Nurses will also be wonderful about helping with any medical equipment, or taking photos before things are removed, and after.*
- USE YOUR HOSPITAL BED. *The majority of these photos can be taken right from your hospital bed so you don't have to miss a single moment. For the individual baby photos Use the white sheets and blankets already available as a little "backdrop" at the foot of the bed.*

TECHNICAL TIPS

- TURN OFF THE FLASH
- TURN DOWN THE LIGHTS
- ON YOUR CAMERA PHONE, TOUCH AREA OF THE BABY YOU WANT TO BE IN FOCUS
- CREATE A FOLDER. *Consider creating a folder within your main photo gallery on your phone with your baby's name. This will allow you to separate the photos while also being able to upload them easily to iCloud, Google photos etc.*
- FOR EDITING YOURSELF. *If you feel like editing any of the images yourself, consider Pic-Tap-Go, Snapseed or Lightroom Mobile (with presets-there are many you can find/buy online). These are all mobile editing apps that make it a bit easier to do so.*
- FOR PROFESSIONAL EDITING.
 - **Now I Lay Me Down To Sleep** has two offerings that may assist, as well as many resources on their website regarding bereavement portraiture. The first is to submit your images directly to them for retouching. The second is to let your nurses know about the medical training program they are offering to help equip them to assist with photos, and then submit for editing.
**A note, part of NILMDTS complimentary gift process is that all images are delivered back in black and white.*
 - **Laura Foote** created **Labor in the Time of Corona**, Galleries for Families program that is open & available to all families delivering starting March 1st and for however long restrictions/limitations are in place for expectant families. This program is complimentary for you to submit 10 personal images of color and black and white professional retouching, returned in a professional gallery for you to download, share and save. Once your baby is here and you have your images, you can submit here: bit.ly/2UY1191.



MEMORIES TO MAKE

WOULD LOVE TO DO THESE THINGS WITH MY BABY:



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