

Fresh 48 Sessions

Tips

It's a weird time in life folks. And it breaks my heart for all the momma's who planned on having a professional photographer capture those first few hours in a Fresh 48 session for their newborn.

But, since I can't come to you, I wanted to give you a few tips to help you capture those details until you can have a professional photographer capture your little love.

WHAT DO I NEED?

Let's be honest. Phone cameras have come a long way. So, even if you don't have a DSLR, you can capture beautiful images with your phone. Whatever you have is what you need. If you have a DSLR, I recommend putting it on Portrait mode, but again, auto will still capture your little one wonderfully.

HOW DO I SET IT UP?

Most hospitals have large windows in the rooms. Open those blinds and let all that wonderful light in. Then roll the baby bed closer to the window for shots of just the baby. To capture images of yourself, and husband, simply have whoever is holding the baby stand near the window facing one wall. with the window to the side of them. If you don't know how to shoot in Raw mode don't put the window behind them. If you can't leave the bed, just do the images with you in bed. They will still be memories.

WHAT SHOTS SHOULD I GET?

Obviously, shots of mom holding baby and dad holding baby, but aside from those I suggest:

- photo of the baby anklet and baby feet
- photo of baby in bassinet from above
- photo of name plate on bassinet
- closer photo of baby's face in bassinet
- Photo of baby in bassinet with mom in bed behind baby (mom can be out of focus for this)
- Photo with any special gifts made by loved ones

Then, when this all passes, you can contact a photographer for a lifestyle session in your home to get the professional photos. But, you will still have the memories from those first hours.

