

THE
Newborn
SESSION
GUIDE



Congratulations on your new arrival. As a mum of two myself, I know those early weeks are an overwhelming rollercoaster of fleeting and tender moments as you all get to know each other. Those early days pass in a blur, the tiny details, the way they fit in your arms... and having them documented means you get to come back to them, even years from now. I feel honoured to be trusted to document them for you.

My approach is gentle and unhurried. I make getting the photos you want as easy as possible: I come to you, work around feeds and settles, and let the session unfold naturally. I trust the images we create together will be cherished for many years longer than the one in which they're taken.

This guide includes everything you need to know before our session: what to wear, how to prepare your home, and what to expect on the day. Please read it through before we meet, and don't hesitate to reach out if you have any questions at all.

I cannot wait to meet you and your family.

Rachel Walker

HELLORACHELWALKER.COM

THE Keepsake COLLECTIONS

The Essentials

\$649

20 images

Perfect if you
want just a handful of
beautiful images to
remember this stage.

The Full Story

\$749

40 images

A balance of variety and
storytelling across your
session, enough images
to create an album of
highlights.

The Signature \$849

Full gallery
approx. 80 images

For families who don't want to choose.

Every meaningful moment, kept forever. My
signature full gallery will remind you of all the little
details and will only grow in value with the passing
of time.

All collections include:

- 1-1.5 hour session
- high res images in a mix of colour, and black + white, downloaded via online gallery
- two 5x7" professional prints on 310gsm textured cotton rag
- travel within Franklin - additional travel costs may apply

HOW IT ALL WORKS

- 1 Get in touch while pregnant** Reach out via email or Instagram to check availability and have a chat about what you're looking for. Once we've pencilled in a date (usually 2 weeks after your due date), a \$100 booking fee secures your spot. This is deducted from your total balance on the day of your session.
- 2 Choose your collection** Select the collection that feels right for you: The Essential Collection, The Full Story, or The Signature Collection. Not sure? You can purchase the base package to begin and upgrade after you've seen your gallery if you'd like more images.

The Essentials

20 images

The Full Story

40 images

The Signature

Full gallery
approx. 80 images

- 3 Prepare for your session** Once you're booked in, read through my session guide to help you prepare – a little thought beforehand makes a big difference to your images. If we're photographing you in your home, feel free to send me a few snaps of the spaces with the best light that you think might work so I can arrive with a plan, and don't hesitate to get in touch with any questions before the day.
- 4 Let me know when baby arrives** Babies run to their own schedules!! If baby arrives early, or is tracking late, get in touch and we can find a new date if needed.
- 5 Photo day!** Soak up the snuggles and enjoy making some memories with your loved ones.
- 6 View your gallery** The most exciting moment, of course, is getting to see all of your images! Your full proof gallery of approx. 80 images will be delivered within three weeks of our session via a private online link. Browse through and select your favourites according to your collection. If you fall in love with more images than your collection includes, upgrading is easy, just get in touch.
- 7 Confirm your selected images** Once I've received your confirmed list of images, I'll complete my final edits and invoice any gallery upgrades.
- 8 Download and back up** Within 7 days of you confirming your images, you'll receive a final link to download your gallery. Please back them up to an external hard drive, cloud storage, or both. These are irreplaceable memories and I want to make sure they're safe for you for years to come.
- 9 Print, share and enjoy** You did it! Cherish the memories you've made with your loved ones, delight in how much you love them and most importantly, print and frame at least one image from our time together to remind yourself of this, if not an entire album.



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WHAT SHOULD WE WEAR?



RUP D 2

For mum

Choose something you feel comfortable and confident in — you've just had a baby and comfort matters.

- Soft knit pants, flowing linen trousers, a loose shirt or a flowy dress all work beautifully.
- Neutral tones photograph best: cream, white, oat, taupe, dusty sage, or soft blush.
- If you plan to breastfeed during the session, choose something you can feed in easily.
- Avoid bold patterns, logos, bright colours, or anything with fussy details.



For dad/partner

- A clean, simple outfit in neutral tones works perfectly — white or cream tee, linen shirt, or soft knit.
- Jeans or chinos in a mid or light wash pair well with most mum outfits.
- Avoid dark or very bright colours, especially if mum is wearing lighter tones.
- Clean, simple shoes or bare feet for indoor sessions.



RUP D 2

For baby

- A soft merino onesie, a simple cotton romper, or just a nappy and swaddle are all perfect.
- Have a couple of options ready, sometimes babies have opinions about what they're wearing!
- If you have a special blanket, wrap, or outfit you'd love photographed, have it at hand.
- Having baby's little toes out makes for beautiful detail shots.
- If you'd like any bare skin images, we can plan for that on the day.

For siblings

- Simple, comfortable clothing in tones that complement mum and dad.
- Avoid overly matchy-matchy, coordinated tones look more natural than identical outfits.
- Let them wear something they feel good in!



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RUP 2

PREPARING YOUR SPACE

You don't need a magazine-worthy home for beautiful photographs, you just need good light and a little breathing room. Here's how to set your home up for the best possible results.

Light is everything

Rooms with white or neutral walls and a window are ideal, in fact this is where I do my best work! If you have a sheer curtain, even better as it diffuses the light beautifully and creates that soft, glowy quality. Think about which rooms get the best light at the time of our session and we'll prioritise those.

Clearing the space

You don't need to deep clean your house, please don't stress about that, you've got more important jobs to do right now! If you have time, a quick tidy of the main areas we'll use is helpful: clear surfaces, remove obvious clutter. A bed made with white or neutral linen is a gift to a newborn photographer – if you have it, use it! I can always move things on the day if needed, it's part of what I do.

What works best

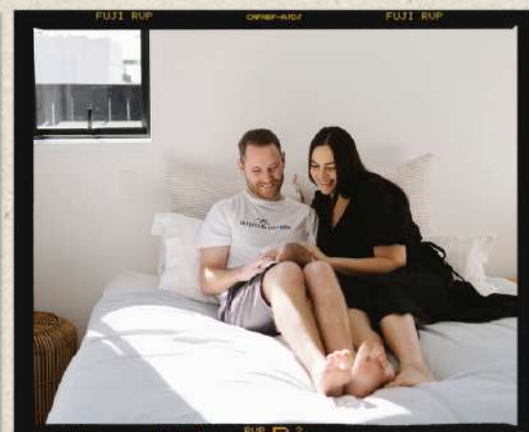
- White or neutral walls – they reflect light and keep the focus on your family.
- A bedroom or lounge with a decent-sized window.
- A sheepskin rug, chunky knit blanket, or simple linen – great for baby detail shots.
- A comfortable spot for mum to sit – armchair, side of the bed, or couch near a window.
- A largeish pillow to prop baby on for some solo portraits.

Don't worry about anything!

Real homes are beautiful and tell your family's story. We'll move around as we need to and find the best spots together.

Before I arrive, send me a photo!

This is genuinely one of the most helpful things you can do. A week or so before our session, send me a few phone snaps of your main rooms – lounge, bedroom, anywhere with good light. This means I can arrive with a plan rather than spending time problem-solving, and we can make the most of every minute together.





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WHAT TO EXPECT

Timing

- Sessions are typically scheduled for mid-morning when babies tend to be most settled.
- Allow around 1.5 hours, though we may finish earlier or need a little longer as we go at baby's pace.
- Feed your baby just before I arrive if possible, so we start with a full, sleepy baby.

How the session flows

- Once we've arrived and settled in, we'll move through a relaxed sequence: family together, mum with baby, dad with baby, siblings, and baby detail shots.
- Feeds, nappy changes, and settling is completely expected and we work around all of it.
- I find the most beautiful moments often happen in the in-between times, so I keep my camera ready.

Siblings

- Older siblings can be wonderful participants and I always love giving them an opportunity to shine on their own as well as alongside baby.
- If they're having a hard day, that's okay, we capture what we can and don't force it.
- Having a favourite snack on hand is always a good idea!

Pets

- Pets are absolutely welcome and usually get a moment to be the star of the show too.

SESSION FAQs:

When is the best time to book?

Ideally during pregnancy – sessions are typically held between 5 and 14 days after birth when babies are sleepest and most curly. I hold a tentative date, and once baby arrives, you get in touch and we can confirm.

What if baby won't settle?

This is completely normal and nothing to worry about. We take our time, try different approaches, and I have plenty of patience. Some of the most beautiful images come from unsettled moments too, it's all a part of the glorious rollercoaster experience of having a newborn.

How many images will I receive?

During our time together, I'll document a range of images, and you will receive a link to view your gallery. The final number of images you'll receive depends on the collection you've chosen to purchase. *The Essentials Collection* includes 20 images. *The Full Story* includes 40 images. *The Signature Collection* is the complete gallery, approx. 80 edited images.

Do we get to choose our images?

Absolutely, yes. From the curated proof gallery, you'll choose your favourites. If you'd like more images than your collection includes, you can upgrade before or after delivery.

Will you share our images online?

I love to share my work on Instagram and my website, it's how most of my clients find me! If you'd prefer to keep your images private, just let me know and I'll respect that completely.

How does payment work?

A \$100 booking fee confirms your session and is deducted from your total. The remaining balance is due the week of your session. You can pay via bank transfer or credit card when invoiced via Hnry – some additional fees may apply.

What if my baby is unwell on the day?

Sessions must be cancelled 24 hours in advance, and we'll find a new date that works for both of us.

Do you photoshop our images?

My style of photography is as true to life as possible and as a result retouching of blemishes, hair etc is kept to a minimum. Please let me know if you have any requests and I can advise if there will be additional costs.



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FOR AVAILABILITY + BOOKINGS

