

Newborn Photography - Shot List

By Kristal Bean - PhotographyConcentrate.com

This shot list can help guide you through a lifestyle newborn session with parents, newborn and sibling(s).

You may find that not every shot works during every session or for every family, and that is totally ok!

I try to include the majority of these photos in every full newborn session (which is usually around 3 hours).

For mini newborn sessions (about 45 minutes), I focus on mom + baby and baby only.

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Newborn only

1. Swaddled on the bed or couch, close up shot
2. Swaddled on the bed or couch, pulled back to show baby and bed
3. Directly overhead
4. Swaddled in the crib
5. Directly overhead in crib
6. Shoot through crib slats
7. Get facial expressions - crying, smiling, yawning, etc.
8. Use macro lens/filter to capture details - eyelashes, nose, lips, profile, toes, ears, fingers

Newborn + mom

1. Mom snuggling baby in nursery rocker up close
2. Mom snuggling baby in nursery rocker, pulled back to show entire room
3. Baby laying on mom's chest (focus on interactions - mom kissing, smiling, baby holding mom's finger, etc)
4. Baby with head in mom's hands, laying in her lap, her elbows resting on her thighs. Stand directly overhead and shoot down, with focus on baby
5. Backlight mom in a window (shoot from the side and in front of her)
6. Mom holding baby with you shooting behind her, over her shoulder
7. Nursing shots (with permission - as a courtesy, these are for the family's eyes only and don't belong on in a blog post, in marketing/advertising materials or on social media!)
8. Mom holding naked newborn with baby bottom visible
9. Mom smiling down at baby

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Newborn + dad

1. Baby snuggled in dad's arms, with dad barely kissing baby's nose/forehead/cheeks, close up (dad and baby's faces should fill the frame)
2. Baby snuggled in dad's arms, pulled back
3. Dad cradling baby's head in his hands. Shoot from the front and from above.
4. Get baby peeking over dad's shoulder (baby should be 2+ weeks old)
5. Get dad engaged in action with baby - reading, swaddling, bathing, etc
6. Dad backlit in front of a window
7. Dad holding baby in a location that is special to him - "his" chair, man cave, home office, etc.

Newborn + siblings

1. Sibling(s) kissing newborn
2. Sibling(s) holding swaddled newborn
3. Siblings(s) laying on bed with newborn
4. Sibling(s) playing with baby (counting toes, fingers, etc)
5. If parents are comfortable, add pets into shots

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Family

1. Family standing over baby in crib
2. Family engaging with each other with baby in crib
3. Mom holding newborn while dad holds sibling(s)
4. Dad holding newborn while mom holds sibling(s)
5. Family reading together on the couch
6. Focus on mom while family is cuddled together on couch/bed
7. Focus on dad while family is cuddled together on couch/bed
8. Focus on baby while family is cuddled together on couch/bed
9. Siblings kiss baby while parents watch
10. Dad tickles older sibling while mom holds newborn
11. If family is comfortable, add pets in with couch/bed shots.

Details

1. Create a flat lay with baby's tiny things: diaper, outfit, pacifier, shoes, any documents/bracelets from hospital, tiny knick knacks in nursery
2. Close-up of anything mom made for nursery - decoration, mobile, blanket, clothing, etc
3. Shot of entire nursery
4. Shot of special places in nursery - crib, rocker (don't be afraid to stage it with stuffed animals, sweet blankets from the room, etc)

Newborn Photography - Gear List

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Canon 5D Mark II - I can shoot with a high ISO if needed and I've gotten so comfortable with my camera that I can change essential settings without taking the camera away from my eye!

Canon 50 mm 1.8 - This is a great lens for the up close shots and it works well in low-light situations.

Canon 85 mm 1.8 - The bokeh with this lens so beautiful; it doesn't work as well in tight spaces, so use it when you have some room to move around.

Canon 100 mm 2.8 - Great for macro shots

Vivitar close-up macro set - If you don't have a macro lens, these filters are inexpensive and screw onto your lens. Practice with them before your session!

Small reflector - The kind I use folds up into a tiny pouch and clips onto my camera bag

Speedlite - This keeps you from ever having to worry about rooms without much natural light!

Extra cards and batteries