




Dinky Little Dot
Photography

Newborn Session

Preparation Guide



A child's room with a white table and chair. On the table are three small wooden houses with different patterns. A penguin toy sits on the chair. A cat picture hangs on the wall. The background is a light blue wall with a white cloud shape and white dots in the top right corner.

*"We genuinely couldn't
recommend Dinky Little Dot
Photography enough. Right
from booking Laura made us
feel welcomed and looked
after."*

Lorraine

Hi there!



Welcome, and congratulations on your beautiful new arrival.

I'm Laura, the photographer behind Dinky Little Dot. Whether you found me through a friend, Instagram or Facebook, I'm truly grateful you've chosen to be here.

It's a privilege to capture these first, fleeting days of your baby's story—and I hope this is just the beginning of our time together.



As a mama to two little ones myself, I know just how quickly time slips through our fingers - even when the early days feel like a blur.

I also understand how fiercely we want to protect our brand new babies. That's why I invest in the highest standard of training, stay up to date with safety practices, and offer a calm, thoughtful experience every step of the way. You and your little one are in the gentlest, safest hands here.

The first few weeks are a beautiful mix of love, exhaustion, overwhelm, and awe. You're navigating so much while trying to soak up every tiny detail of this new chapter.

That's exactly why I created this guide - to take the guesswork out of your session prep and make space for what matters most: slowing down, exhaling, and making memories you'll treasure forever.



What to expect

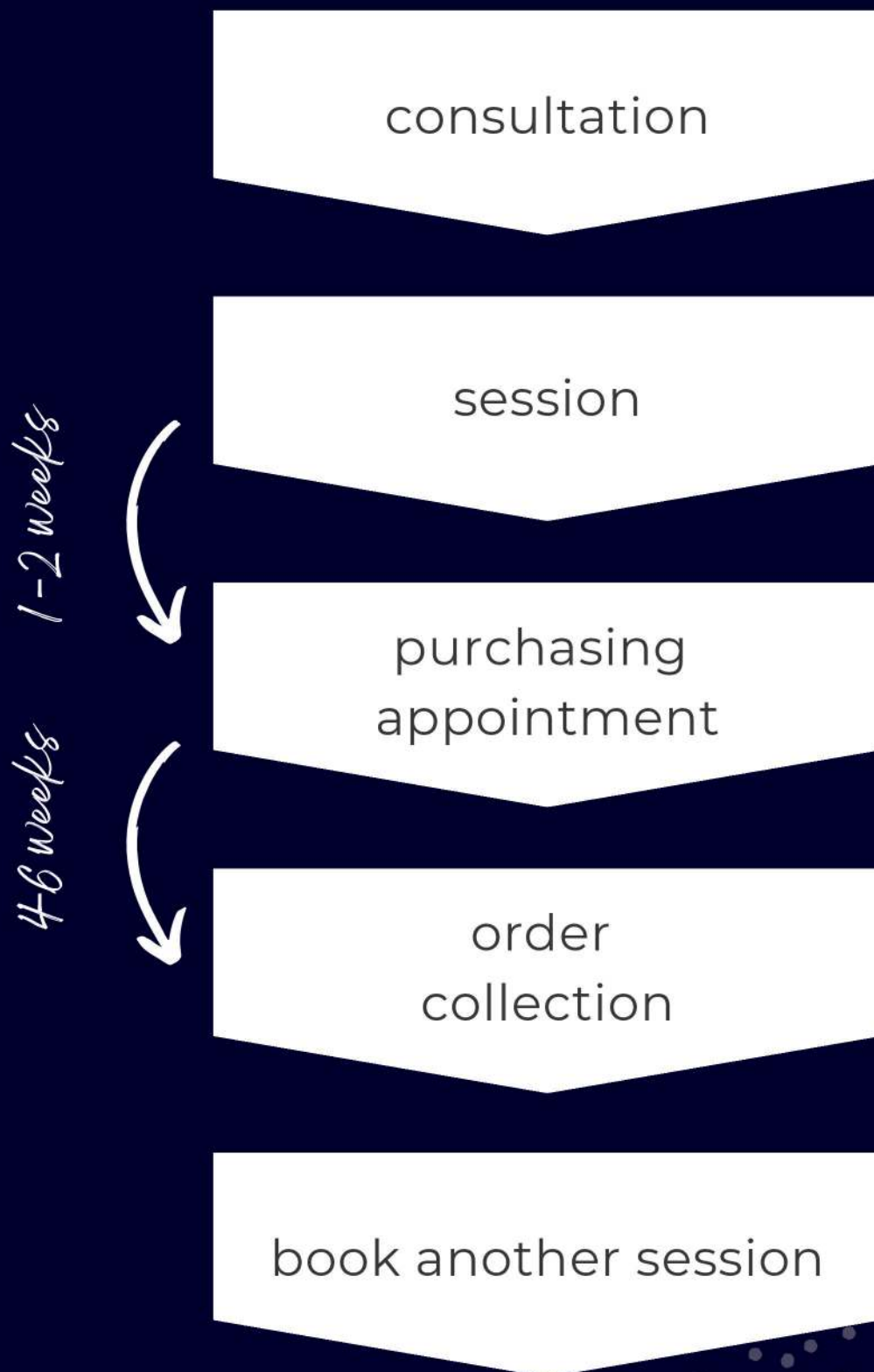
Your baby's first photoshoot is something truly special, and I want it to feel just as meaningful as it is. That's why we plan carefully together, so your experience feels effortless from beginning to end.

During your consultation, I'll take the time to get to know you - your family, your hopes for the session, your style, and even the colours that fill your home. I want to understand what matters to you: how you'd love to be photographed, where your images will live, and what brings you joy.

Every detail is thoughtfully considered, so when the day comes, you can simply relax. The images we create together won't just capture this beautiful moment in time - they'll reflect your story, your style, and the quiet magic of your little one's earliest days.

What to expect

The process





What to wear

Your baby's first photoshoot is a beautiful milestone, and you're a part of it. I love capturing the quiet connection between parent and baby, so what you wear matters just as much as how you feel.



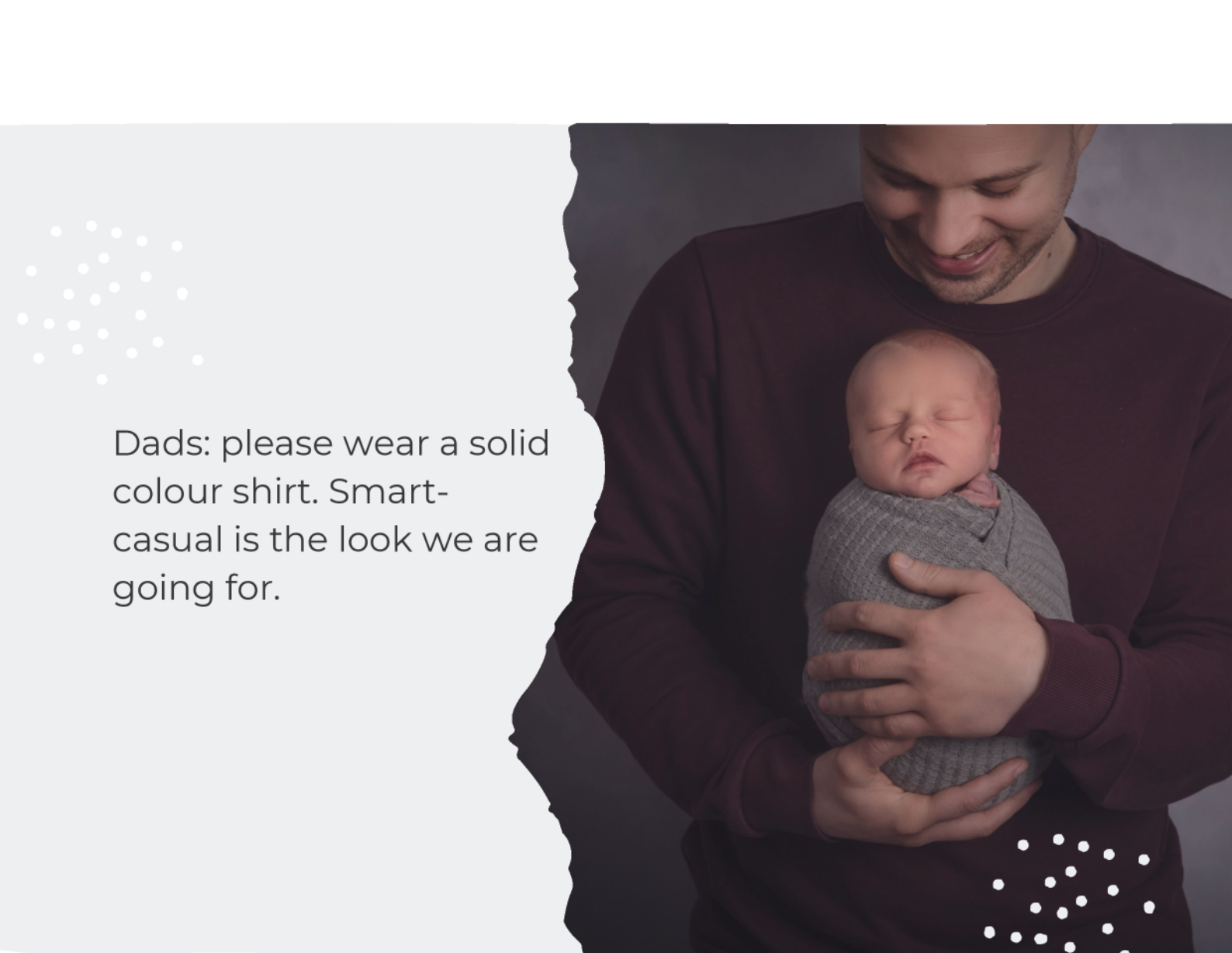
Clothing is deeply personal, and I'll never ask you to wear something that doesn't feel like you. But if you're unsure where to begin and want your images to feel timeless for years to come, here are a few gentle tips:

For mums: Soft, neutral tones photograph beautifully—think beige, ivory, grey, blush, or even black. These shades keep the focus on your baby and help create a calm, cohesive look.

If you prefer colour, dusky greens or navy can work well; just avoid bold patterns or logos. And since hands often feature in newborn portraits, a quick check of your nails is always worthwhile (a natural or polished look photographs best).

Above all, choose something that feels comfortable and you. When you feel relaxed, it shows—and that's where the magic happens.





Dads: please wear a solid colour shirt. Smart-casual is the look we are going for.

So what works?

Natural fabrics photograph beautifully, think soft cotton, linen, fine knits, delicate lace. Texture can add a lovely sense of depth and warmth to your images... but simplicity works just as well. A smooth, texture-free outfit will naturally draw the eye back to your baby, which is exactly where we want the focus to be.

The only thing to truly avoid? Bold logos or heavy branding. These tend to distract from the calm, timeless feel we're aiming for, so it's best to leave those pieces at home.

A person is sitting on a light-colored chair, wearing a white long-sleeved sweater and light-colored pants. Their right hand is resting on their right knee. The background is a soft, out-of-focus beige. In the top left corner, there is a decorative cluster of small white dots.

Comfort comes first. I want you to feel as comfortable in your clothes as possible. I want your memories to be filled with love and happiness, and not worry about not wearing a pencil skirt or a suit.

There is a time in life for everything, and the next couple of months are your time for comfort. Embrace it.

What to wear

Baby edition

Everything your baby needs for their photos is already waiting at the studio; soft outfits, gentle wraps, delicate props, headbands and hats. It's all taken care of, so you can simply arrive and relax.

On the day, please dress your little one in something loose and easy to remove - nothing that fastens at the back, and no snug socks or vests, as these can leave little marks on their skin. The goal is to keep them settled and sleepy as we transition into the session.

You're very welcome to bring something special for them to wear, especially if it holds meaning. If so, just let me know the colours or style you'd love to include, or send over a photo, and I'll thoughtfully plan the set to complement it.





Before the session


Sleep

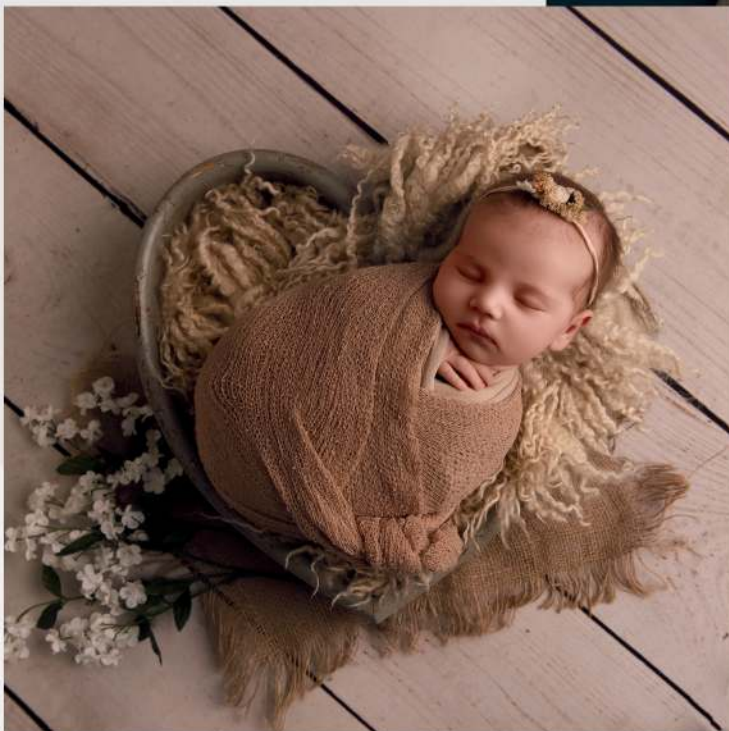
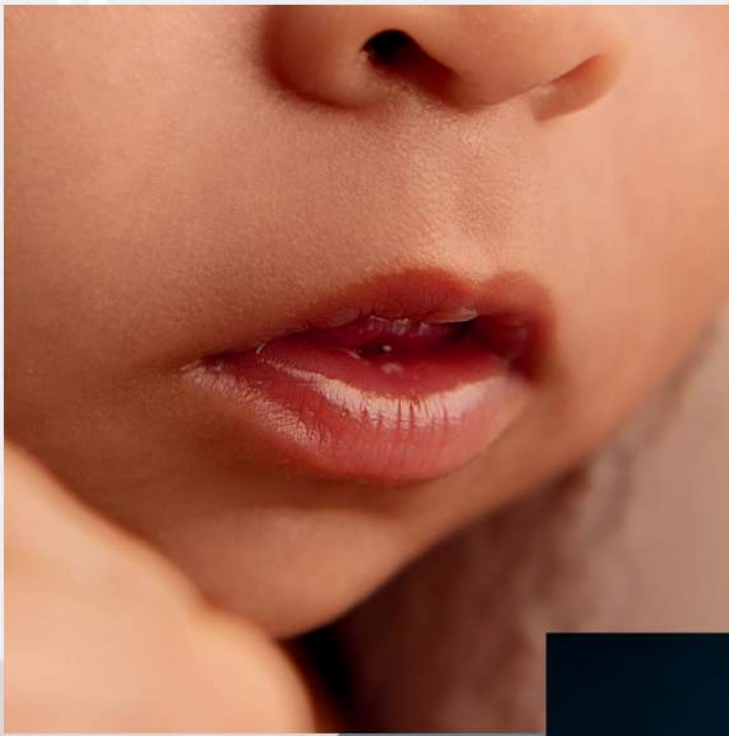
Newborn sessions are usually scheduled within the first two weeks, those early days when babies are still curled up and wonderfully sleepy. That's when we have the best chance of capturing those soft, dreamy poses you've probably seen (and saved) on Pinterest.

That said, just like us, babies have their own rhythms. Some days they wake peaceful and content; others, not so much - and that's perfectly normal. No matter what, I'll work gently around your little one, following their cues with patience and care.

To help things flow smoothly, I recommend trying to keep baby awake for a short while before your session - perhaps with a warm bath, a gentle play, or simply some cuddles and conversation.

The goal is for them to arrive ready for a feed (even if it's a small top-up) followed by a deep, restful sleep - just in time to be photographed at their most relaxed.





During the session

Studio temperature

The studio will be kept at a toasty 26°C during your session to ensure your little one stays snug and content throughout.

With that in mind, we recommend dressing in light layers or bringing a t-shirt to change into - unless, of course, you love tropical climates, in which case... you'll feel right at home!



Feeding

Newborns seem like they're always hungry - and in many ways, they are! Milk is their only source of comfort, so they naturally feed more often, especially in a warm environment like the studio.


The space is kept cosy to keep your little one comfortable, but this can make them thirstier than usual. It's completely normal for babies to feed more frequently during a session, and we take as many breaks as needed.

Most newborns will need at least one full feed - modelling is hard work, after all!

If you're bottle feeding, please bring extra milk - more than you'd usually expect to use. You might be surprised how much they go through in just a couple of hours.

If your baby is formula-fed and doing well with their current milk, try to avoid switching brands or types in the 48 hours before your session, just to prevent any unexpected tummy upset.

If you're breastfeeding, I recommend avoiding spicy or acidic foods the day before. Foods like garlic, onion, citrus, dairy, certain fruits (like apples or peaches), and gassy veg (like cauliflower or peas) can sometimes affect baby's digestion and lead to fussiness. Keeping things simple helps keep baby comfortable and content for their close-up.



To help your little one settle into the session, I recommend giving them a good feed either just before you leave home or as soon as you arrive at the studio. A full tummy helps them feel calm, content, and ready for a long, cosy nap - perfect for those dreamy newborn poses.

There's no rush—we'll make sure you have time to get comfortable and feed in peace.

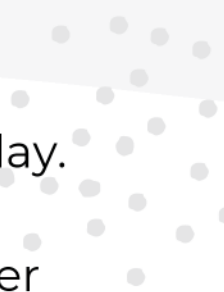
Once baby has been fed and gently burped, they'll be ready for their moment in the spotlight.

Do I need a dummy?

I never insist on using a dummy - every family has their own preferences, and I honour that. From personal experience, though, a dummy can sometimes be a quiet lifesaver during the session, helping your little one feel calm and soothed when they need it most.

If you do use a dummy, please bring it along on the day.

And remember, you can always choose to retire it after the session - no pressure at all.





Pooping: do's and don'ts

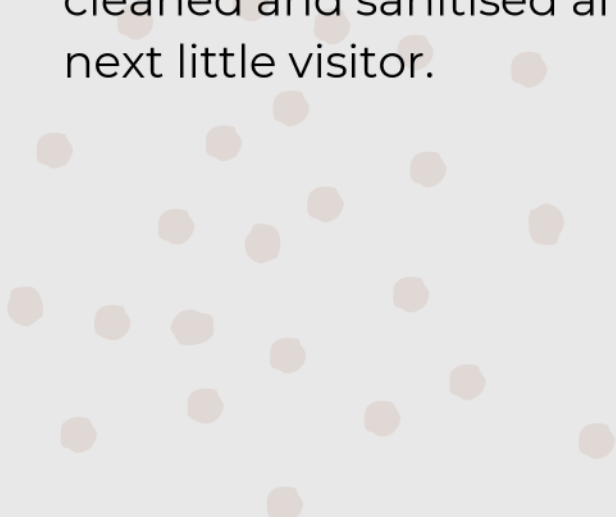
If there's one thing I can tell you about newborn sessions, it's this: expect the unexpected - especially when it comes to poops.

It might happen while you're feeding your baby, or during a quiet moment on a snow-white cashmere backdrop.

Maybe while they're in a tiny handmade outfit, or even as you hold them for family photos. Honestly, the chances of staying completely "clean" through the session are pretty slim!

That's why I always recommend bringing a fresh outfit for yourself - just in case we have a little "poopsplosion."

Please don't feel embarrassed or worried if it happens. It's perfectly normal. Every prop and outfit is carefully cleaned and sanitised after each session, ready for the next little visitor.



Siblings

Including older siblings in your newborn session might feel like a lot, but trust me - you'll never regret it. I want to meet all of your little ones, not just the tiniest star of the day.

Whether your baby has siblings who are newborns, toddlers, or even teenagers, everyone is warmly welcome to join the session. I'll capture beautiful moments of all your children together, plus a heartfelt family portrait to treasure.

While everyone is welcome to stay throughout (sessions can last 2-4 hours), if you think your older children might get restless or overwhelmed, it's perfectly fine for Dad or another family member to care for them during part of the session - either the first hour or the last. Once family and sibling photos are done, they're free to head off.



Family Heirlooms

Is there something close to your heart you'd like to bring along? Perhaps a beloved teddy passed down through generations, a scarf that carries a family story, or a wedding dress or veil that holds your happiest memories.

Maybe you have a hobby or passion that feels like part of who you are - and you'd love to include a subtle nod to that in a few images.

Whether big or small, if it means something to you, it matters to me. These special touches help tell your family's unique story, and I'd be honoured to capture them on the day.





Detail shots

Whether it's a close-up of your baby's lips, their dinky nose, the curl in their hair or the flaky skin on their belly and toes, it will all change in a blink of an eye, and I want you to remember every bit of it.





Animals

Our babies will always hold the biggest place in our hearts - but if you have a furry friend or two who filled your home with love before your newest arrival, they're warmly welcome at the studio.

I'll do my very best to capture beautiful moments of your little ones - both tiny and furry - together. And who knows? We might even create a treasured family portrait with all of you included.



5 Tips for a great *Newborn Session*

Prepare Outfits Ahead

Have your outfits ready and ironed the night before. Bring extras separately to avoid stress or spills—you can always change at the studio.

Keep Siblings Fed and Rested


Hungry siblings can get grumpy, so bring snacks and aim for an early night before the session to keep everyone happy and energised.

Set Expectations with Older Children

Tell your children what to expect. Younger ones may enjoy a visit to the studio before the session, and teens appreciate knowing their time is limited.

Bring Favorite Toys or Activities

Toys help children relax and focus, making the session smoother—and perfect for capturing genuine smiles. I do have a box available in the studio, but sometimes their favourite toy is all they need!



Enjoy the Moment

Put worries aside and soak in this special time. Whether cuddles or wiggles, every moment is part of your family's beautiful story.



What's next?

Display your images

After your session is over, we will schedule a date for your viewing appointment. It's at this meeting when we choose your favourite images, your package and your ways of displaying the images purchased.

The majority of our clients choose a wall art collection for their photos, because it's hard to choose just one favourite sometimes, but I will be here to help you decide which images would look great as framed enlargements.



Investment



Complete

£899

- Consultation
- 3-hour session
- 20 high-resolution images

Essential

£699

- Consultation
- 3-hour session
- 10 high-resolution images

Basic

£499

- Consultation
- 3-hour session
- 5 high-resolution images



This is a guide for digital packages. Exclusive collections that combine wall art with digitals will be available at your purchasing appointment.

FRAMED PRINTS, ACRYLIC & CANVAS

Each frame is made to order, using museum-grade fine art printing, a precision-cut mount, and your choice of either solid wood or slim aluminium mouldings.

Acrylic and canvas finishes are also available as refined alternatives.

Standard Frame Sizes

Bespoke sizing is available on request to perfectly suit your space.

- Small – 16x20" (*glass size*) – £499
- Medium – 20x30" (*glass size*) – £699
- Large – 30x40" (*glass size*) – £899
- Extra Large – 40x60" (*glass size*)– £1,099

Wall Collections

If you're envisioning a gallery wall, these curated sets offer both flexibility and value.

- Acrylic Bubble Trio - £1,299 (save £300)
12", 20", and 30" pieces
- Three Frame Collection - £799 (save £170)
Two 12x8" + One 20x24"
- Five Frame Collection - £1,149 (save £290)
Four 12x8" + One 20x24"



Frequently Asked Questions

When is the best time to book a newborn session?

I recommend booking early, ideally during pregnancy or within the first two weeks after birth, to capture those beautiful sleepy, curled-up poses.

How long does a newborn session last?

Sessions usually take 2 to 4 hours, allowing us to work gently and patiently around your baby's needs.

What should I bring to the session?

Just yourselves and any special keepsakes you'd like to include. I provide all outfits, wraps, and props. Don't forget snacks or toys for siblings!

Can siblings and parents be included in the photos?

Absolutely. Family and sibling photos are a cherished part of the session. Everyone is welcome, and I'll guide you through relaxed, natural moments together.

What if my baby is unsettled or fussy during the session?

That's completely normal. We'll take breaks for feeding and soothing, working at your baby's pace to keep them calm and comfortable.

Do I need to prepare my baby in any special way before the session?

Try to keep your baby awake just before arriving to help them settle into sleepy poses quickly. Feeding right before the session also helps them stay content.

Is it safe to have my baby posed in different positions?

Yes. Safety is my top priority. I'm trained in newborn handling and use only safe, comfortable poses and props designed for your baby's wellbeing.

What if my baby is older than two weeks?

No worries. I welcome babies up to 6 weeks old. While curled poses may be less likely, we focus on natural, beautiful family and sibling images.

Will you edit out blemishes or newborn skin issues?

Yes, gentle retouching is part of the process, enhancing your photos while keeping them natural and true to your baby's unique beauty.

When and how will I receive my photos?

At the end of your session, we'll schedule a private, in-person gallery reveal at the studio - usually within 1-2 weeks. You'll view your images, select your favourite digital files, and choose any wall art or keepsakes to beautifully display at home.



CHECKLIST

Confirm date, time and check location

Choose your outfits (+ sibling outfits) and have them ready

Bring nappies, baby wipes and milk

Bring a dummy if your baby is using one

Bring a change of clothing for your baby

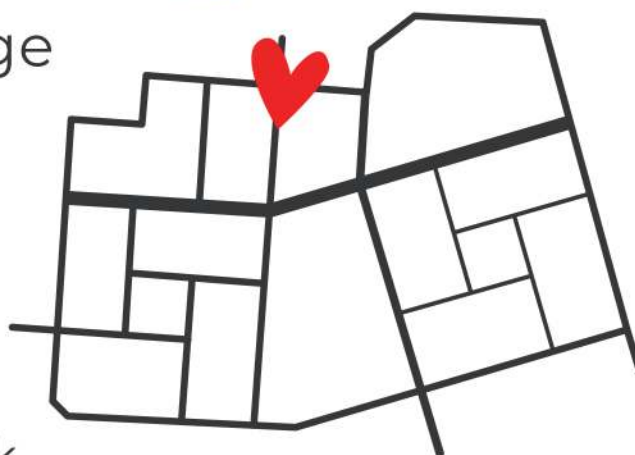
This is also your time to relax! Bring a book, iPad, nursing pillow - anything to make you comfortable

Studio address:

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07852 264151

laura@dinkylittledot.co.uk





... and now: relax

It may sound cheesy, but those first few weeks will go in a flash and the photos you take now will be the best reminder of the days that blend into the nights, that made you so very tired, yet you'd still not swap them for anything!

I want this first photoshoot to be the most amazing experience for your family, so if there is anything else I can help with, or if you have any last minute ideas, please email me and I will be happy to assist.





LET'S KEEP IN TOUCH

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