

7 photos not to miss during Baby's first week (with your phone)

- For new mums and dads



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1. Sleepy photos

Your tiny baby sleeping peacefully is one of the most wonderful things to watch. You'll want to remember this moment forever.

To get the best shot, I'd suggest taking one close up shot of your baby's face from above, looking down on your baby (use a stool carefully if you need to get more height). And then I'd get one from far away, so you capture 'head to toes'.





2. 'Macro' shots: really close up

Those eyelashes. That mouth. That teeny tiny button nose. Aww, those feet. These are the images that make you feel warm and fuzzy inside.

For the best macro shots, place your baby between a window (or other light source) and your camera, so that their profile is backlit from the light. This will help identify their gorgeous features and make for great photos to wow your firends.



3. Awake!

When your newborn opens his or her eyes to try to make sense of the world around them, you'll want to capture this unique moment.

You could try singing or clapping your hands to engage them, or get your partner to shake a rattle or some bells to see if it stimulates your baby while you take the shot.



4. Show a sense of scale

It can be hard in newborn photography to give a sense of scale, to show just how teeny tiny your baby is in that first week of life.

Simply, ask Dad or a family member to stroke Baby's head when taking the picture. Or hold your baby near a bright window and ask someone to take a 'silhouette' picture.





5. Birthday suits!

Most newborns are born with quirky little details, whether it be tufts of hair over the ear, unique flaky skin, birthmarks or cute little tummies. They won't stay like this forever, and in fact, in just a week or two they'll look different again.

Don't be afraid to strip your baby down and capture them just as they are.





6. Grandparents!

There's no better gift to give grandparents than a candid photograph of them snuggling with Baby.

In fact, there's no better gift to give yourself than some meaningful shots of you and Baby together. Make sure you stand by a window (or other light source) so the light falls softly onto you and your new arrival. Start creating memories you'll treasure.





7. Action shots!

Be a documentary-style photographer for the day. Your kids will really appreciate these shots when they grow up as they'll get a glimpse into how life at home really was when they were so small.



I promise, it doesn't matter if your house isn't tidy, or you haven't washed your hair!! Try to photograph 'moments'; the little cuddles, feeding times, bouncing or rocking Baby - these are the things you'll miss when they are gone.



Now... what to do with all those photos!

Now that you've taken all these amazing photos of your gorgeous new arrival, what are you going to do with them? It's so easy to keep them hidden on your phone or on a memory stick in a draw, but treat yourself to some tangible print copies as a keepsake memory of your baby's first week in the world.

Print your favourites out and peg them up with a piece of string in your Baby's nursery. Or perhaps create a little wall collage or photo album with them all included. Trust me, those early moments are so special - you'll want to treasure them forever.



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