



Preparing for Your Newborn Session

Fay Sage Photography



Because they are only this little once.

A Personal Welcome



Thank you for choosing Fay Sage Photography to capture one of the most precious milestones in your family's journey.

Becoming a parent is one of life's greatest blessings, and I feel truly honoured each time a family places their trust in me to preserve these memories.

My aim is to provide a calm, relaxed and enjoyable experience from the moment you arrive at the studio. Every newborn session is completely baby-led, allowing plenty of time for feeding, cuddles, settling and comforting your little one whenever needed. There is never any rush.

This guide has been thoughtfully created to answer the questions parents most often ask and to help you prepare for your session, so you can relax knowing exactly what to expect.

I look forward to welcoming you and your family soon and creating beautiful memories that you'll treasure for generations.

Warmest wishes,

Fay Sage
Owner & Newborn Photographer

Booking & Best Age

The first few weeks with your newborn are incredibly special, and I want your photography experience to be relaxed, enjoyable and memorable. Below you'll find everything you need to know before your session.



WHEN SHOULD I BOOK?

It is best to book your newborn session while you are still pregnant, ideally after your 20-week scan. This allows me to reserve a space around your expected due date.

If your baby has already arrived, don't worry. Please contact me as soon as possible and I'll always do my very best to accommodate you.



WHAT IS THE BEST AGE?

The ideal age for newborn photography is between 7 and 21 days old.

During this stage babies are generally sleepier and naturally curl into those beautiful newborn poses.

Every baby is beautifully unique, and wonderful images can still be created if your little one is older than three weeks.



FAY'S TIP

Try to contact me within the first few days after your baby's birth so we can confirm the perfect session date.



Tiny details... treasured forever.



Preparing for the Day of Your Session

A little preparation before your session will help ensure a relaxed and enjoyable experience for both you and your baby.



SHOULD I FEED MY BABY BEFORE THE SESSION?

If possible, please feed your baby just before leaving home or once you arrive at the studio. A full tummy helps babies settle into a deeper sleep, making those beautiful curled-up newborn poses easier to achieve. If your baby isn't ready for a feed, that's absolutely fine. We'll simply feed them when they're ready.



WHAT SHOULD I BRING?

Please bring the following items to help make your session as comfortable and relaxed as possible:

- Extra nappies
- Baby wipes
- Extra milk (if bottle feeding)
- A dummy (if your baby uses one)
- A favourite blanket or wrap
- Any sentimental item you'd like included in your session



FAY'S TIP

Dress your baby in a loose-fitting zip-up sleepsuit before leaving home. This helps avoid marks on baby's skin and allows us to undress them gently without disturbing their sleep.

Every little yawn, stretch and smile tells a story.

What to Expect During Your Session

Every newborn session is unique because every baby is unique. There is never any rush, and your little one's comfort and safety will always come first.



HOW LONG WILL MY SESSION LAST?

Newborn sessions usually last between 1 and 1½ hours, depending on your baby's needs. We'll pause whenever your baby needs feeding, changing, cuddles, or a little extra time to settle.



WHAT IF MY BABY CRIES OR WON'T SLEEP?

Please don't worry. Crying, feeding, and nappy changes are all a completely normal part of newborn photography. With patience and experience, we'll work at your baby's pace to create beautiful images, whether your little one is asleep or wide awake.



FAY'S TIP

Relax and enjoy the experience. Babies often sense when parents are calm, so take this time to sit back, enjoy a cup of coffee, and let me take care of the rest.



The days are long, but the years are short.

Your Baby's Comfort & Safety

Your baby's comfort and safety are at the heart of every newborn session. Every pose is done gently and with patience, and we always follow your baby's lead. Whether your baby sleeps peacefully or prefers extra cuddles, every session is relaxed, flexible, and tailored to your little one's needs.



SAFETY ALWAYS COMES FIRST

Your baby's wellbeing is my highest priority. Every pose is carefully supported, and I never force a baby into a position they're uncomfortable with. If your little one isn't enjoying a particular pose, we'll simply move on to another one.



FAMILY PHOTOS

Your newborn session includes one complimentary family photograph. Parents and siblings are welcome to be part of this special memory. Additional family photographs may be purchased for R85 each.



FAY'S TIP

Wear neutral-coloured clothing such as white, cream, beige, black or soft pastel shades. These colours photograph beautifully and keep the focus on your family's connection.



Family is where life's greatest moments begin.

After Your Session

Your session may be over, but the magic is only just beginning. Every image is carefully selected and professionally edited by hand to ensure your final gallery reflects the beautiful memories we created together.



YOUR IMAGES

Your gallery will include approximately 20 professionally edited high-resolution images, carefully selected to tell the story of your newborn's first precious days. Every image is individually edited with great care to ensure it reflects the quality and style that Fay Sage Photography is known for.



WHEN WILL I RECEIVE MY GALLERY?

Your beautifully edited gallery will be ready within 10–14 working days after your session.

Every photograph is individually hand-edited, which is why your gallery will be ready within 10–14 working days. I believe your memories deserve the time and care needed to make them truly special.



FAY'S TIP

Please download and back up your photographs as soon as you receive them. Your images are priceless memories that deserve to be safely preserved.



Photographs are the only way to hold on to moments that pass far too quickly.

Treasuring Your Memories

Your photographs are more than just digital images, they are treasured memories that will be enjoyed for generations. Below are a few suggestions to help you preserve and enjoy them for years to come.



PRINT YOUR PHOTOGRAPHS

Although digital images are wonderful for sharing with family and friends, there's something truly special about holding your favourite photographs in your hands.

Consider printing your favourites or displaying them in your home where they can be enjoyed every day.



BACK UP YOUR IMAGES

Once you receive your gallery, save a copy in more than one place.

We recommend keeping a copy on your computer as well as an external hard drive or cloud storage service to ensure your memories remain safe.



FAY'S TIP

Children love seeing photographs of themselves growing up. Display your favourite images around your home and enjoy those precious memories every day.



The most precious things we own are the memories we keep.

Frequently Asked Questions



WHAT IF MY BABY CRIES?

That's completely normal! Every newborn session is baby-led, and we allow plenty of time for feeding, cuddles and settling whenever needed.



CAN SIBLINGS BE INCLUDED?

Absolutely! Siblings are welcome to join in creating these beautiful family memories.



CAN I RESCHEDULE?

Of course. If your baby or a family member is unwell, please contact me as soon as possible so we can arrange a new session date.



CAN I BRING MY OWN PROPS?

Yes! Special blankets, heirlooms, teddies or sentimental items are always welcome and can make your images even more meaningful.



FAY'S TIP

Don't worry if your baby doesn't sleep for the entire session. Some of the most beautiful photographs are captured when little eyes are wide open.



Every baby has a story. I'm honoured to help tell yours.

Thank You

Thank you for choosing Fay Sage Photography.

It has been a privilege to be part of this special chapter in your family's story.

I look forward to welcoming you and creating beautiful memories you'll treasure forever.

📱 Whatsapp 063 735 9527

✉ info@faysagephotography.co.za

📷 Facebook

🌐 Instagram

🌍 www.faysagephotography.co.za

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