

bree hulme
EDUCATION

Newborn Posing Guide
- Parents



You have a beautiful family coming in for their newborn portraits. You know exactly how you want to pose baby for their portraits, but how are you going to get the best portraits of the new baby with each parent, and all together?

Some new parents are still feeling overwhelmed and awkward about how best to hold their newborn. Much of their first few weeks together as a family, have been centred around feeding, burping and getting baby to sleep - which doesn't necessarily lend itself to the best portraits.

So how do you pose them, getting a variety of shots and filling up a beautiful gallery? Here are the top poses I do with families to get a full and varied gallery.

1. The Family Photo ~ Everyone Smiling at the Camera

Although this is not my favourite pose, it is one that I make sure I get in every session. I often refer to it as the "Grandparent" pose, because it is the photo the Grandparents want to show all their friends, with everyone smiling at the camera.

I usually have baby wrapped and held in Mums' arms, with Dad coming in from the side or behind, encircling Mum and baby with his arms.



The good thing about this pose, is that it lends itself easily to other shots which I much prefer, and show more of the emotion and connection I am searching for in a newborn session.

I use simple prompts such as “give baby a kiss “ or “close your eyes and breath in the new baby smell” to create the connection and emotion you can see in these images below.



2. Nose-to-Nose

I love this pose! I do it in nearly every session, and I do it equally with Mums and Dads. Baby can be wrapped or if settled and calm, unwrapped. I place Babies bottom high up on the parents chest, with one hand supporting their bottom, and the other, supporting their head and neck.

I then just ask Mum or Dad to bring baby up toward their face, touching noses, kissing babies nose or forehead, and smelling that new baby smell.



It is also a great pose to then bring in the other parent. This can be either behind as in the left photo below, with Mum resting her head on Dad's shoulder. Or opposite, as in the photo to the right, with Mum and Dad touching foreheads, and looking down at baby.



3. Baby held against the Parent's Chest

This is one of my favourite poses as you can really get in close to capture babies face and features. Again I place baby high up on the parents chest, so that they can easily kiss the top of babies head. And this pose is great for bringing the other parent in close for some beautiful emotive portraits.



4. Posed on the bean bag

This pose is perfect because it does not require moving baby at all. Once I have them posed and sleep on the bean bag for some solo portraits, I can just bring the parents in for some beautiful shots with hands, with kisses, and just with parents admiring their perfect baby.

Baby can be wrapped or naked, and the pose can include one or both parents. Simple cues such as “kiss baby’s temple” work beautifully here.



5. Mum Breastfeeding

I don't do this with every client, but I do have more and more clients request a breastfeeding portrait, and I love them. It shows such a special connection between mum and baby.



6. Up on Dad's Shoulder

This is a pose that often happens organically during a newborn session. Mum often finishes a feed and passes Baby to dad for burping and he pops baby on his shoulder. I love to capture this when it happens. Simple, natural and relaxed.



Whilst every session and family is unique, these are my go to poses in many of my newborn sessions. Each family will bring to the session, and the poses, their own personalities and this is what makes newborn photography so beautiful and special. Remember to always move around your subjects, capture different angles, close ups, full body shots and different details, to make sure you are capturing the full story of each family.



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