



First Chapter

S T U D I O

YOUR SESSION GUIDE

Getting ready for your session

Everything you need to know before we meet, so you can relax and enjoy every moment. A little preparation goes a long way.

NEWBORN

MATERNITY

FAMILY

CAKE SMASH



A NOTE FROM ISABELLA

Welcome to your first chapter

Thank you for choosing me to capture this part of your story. My sessions are calm, unhurried and led by you and your little ones, so there is never any pressure to get things perfect.

This guide covers everything to think about before your session, whether I'm coming to your home or you're visiting our studio in Ongar. Just turn to the page for your session. If anything isn't clear, message me any time.

Isabella

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Before every session

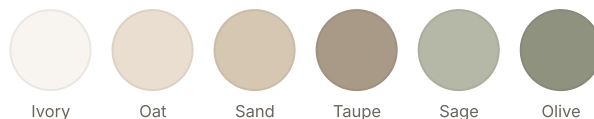
Whatever you've booked, these few things make the biggest difference to how relaxed the day feels and how your photos turn out.

Quick checklist

- ✓ Check your booking confirmation for the date, time and whether it's a home or studio visit
- ✓ Plan outfits a few days ahead and lay them out the night before
- ✓ Choose soft, neutral colours and avoid logos, slogans and busy patterns
- ✓ Keep nails, hands and faces simple. Neutral or clear nail polish photographs best
- ✓ Pack snacks, drinks, wipes and a spare change of clothes for little ones
- ✓ Tell us about any allergies, mobility needs or anything that would help you feel comfortable
- ✓ Allow plenty of time, so nobody feels rushed

Our colour palette

Soft, natural tones look timeless and let faces shine. Pick two or three shades that sit well together.



Best avoided: neon, bright red, black and white stripes, large logos and characters.

Coordinate, don't match

When there's more than one of you, aim for colours that complement each other rather than identical outfits. It looks more natural and more you.

Babies set the pace

Feeds, cuddles and nappy changes are all part of the day. We build in time for them, so please don't worry if we need to pause.

Running late or unwell?

Let us know as soon as you can. If your little one is poorly, we'd always rather rearrange than push on.



Your newborn session

A gentle, baby-led session in your baby's first few weeks, when they're at their sleepest and curliest. Comfort and safety always come first.

BEST TIME

5–14 days old

ALLOW

Up to 3 hours

ROOM TEMPERATURE

Around 24–26°C

Before we start

- ✓ Warm the room an hour beforehand. Newborns settle best when they're cosy
- ✓ Try to keep baby awake for an hour or so before the session
- ✓ Give baby a full feed just before, ideally as we begin
- ✓ Dress baby in a loose button-up or zip-up sleepsuit, so they're easy to undress while asleep
- ✓ Have spare nappies, wipes, muslins and a dummy if baby uses one

What we bring

- Wraps, swaddles and knitted bonnets in soft neutrals
- Posing beanbag, blankets, baskets and props
- Lighting, plus a white noise machine to help baby settle

What parents wear

Simple, fitted tops in soft tones. Short sleeves or sleeves you can push up look lovely for skin-to-skin shots.

Safety comes first

Every pose is guided by baby's comfort, and some images are captured with a hand gently supporting baby and then blended together. Baby is never left unattended or placed in a position they don't settle into naturally.

Your maternity session

A relaxed session to celebrate your bump, on your own or with your partner and children. You'll have outfit changes from our gown collection or your own wardrobe.



BEST TIME

30–36 weeks

OUTFIT CHANGES

2, 3 or unlimited

PARTNERS & CHILDREN

Always welcome

Outfits

- ✓ Choose fitted or flowing pieces that show your bump, like wrap dresses, bodycon knits or a soft shirt worn open
- ✓ Tell us your dress size when booking, so we can pick gowns that suit you
- ✓ Bring nude, seamless underwear and a strapless bra
- ✓ Partners look great in neutral shirts or knits without logos

Looking and feeling your best

- Hands are in lots of shots, so neutral or clear nails photograph best
- Hair and make-up a little fuller than everyday reads beautifully on camera
- Wear loose clothing on the way, to avoid marks on your skin
- Bring water and a snack, and take breaks whenever you need

Little extras

Bring anything meaningful, like a scan photo, tiny shoes or a knitted blanket. If you've already picked a name, we can include it too. These details make the photos truly yours.

Your family session

Natural, relaxed portraits of you all together, in your home or our Ongar studio. We're after real connection and real smiles, not stiff poses.



INCLUDED

Up to 6 people

EXTRA FAMILY

£25 per person

BEST TIME OF DAY

After naps & snacks

What to wear

- ✓ Pick a palette of two or three soft tones from page 3 and build everyone's outfits around it
- ✓ Mix textures like knits, linen and cotton, rather than matching outfits
- ✓ Choose comfortable clothes you can sit on the floor in
- ✓ Bare feet or clean socks look lovely indoors

Happy little ones

- Book around nap times where you can, as rested children are happy children
- Bring snacks that don't stain or crumble, with no chocolate or red juice
- A favourite toy or song helps nervous little ones settle
- Tell children it's a fun day of cuddles and games, not a photoshoot

Leave the smiles to us

There's no need to tell anyone to say "cheese". We use games, tickles and play to bring out natural expressions, and some of the best photos happen in between the posed ones.



Your cake smash

A playful first birthday celebration in our Ongar studio, with a bespoke cake, a beautifully styled set and an outfit change. Messy, joyful and completely their own.

BEST AGE

11–13 months

SESSION

Up to 1 hour

WHERE

Our Ongar studio

Before the day

- ✓ Tell us about any allergies or dietary needs at least a week before, so we can tailor the cake
- ✓ Let us know your preferred colours or theme, and we'll style the set to match
- ✓ Book around naps, as a well-rested baby is ready to play
- ✓ A light feed beforehand helps, but keep them a little peckish for cake

What to bring

- A first outfit for clean portraits, plus a cake smash outfit (a romper or bloomers work well)
- A spare change of clothes for the journey home
- Wipes, a towel and a nappy bag
- Anything special, like a crown, a favourite teddy or a name sign

How it runs

Settle in

Time to explore the studio and warm up

Portraits

Clean, happy portraits in outfit one

Cake time

Smash, taste and play in outfit two

Clean up

A quick wipe-down and a cuddle. We don't offer a splash bath

Home visits & studio visits

You'll choose a home or studio visit when booking. Here's how to make either one easy.

If I'm coming to you

- ✓ Choose your brightest room. Natural light from a large window is perfect
- ✓ Clear a space of about 2 × 2 metres near the window
- ✓ Tidy the area that will be in view. One calm corner is all we need
- ✓ Turn off TVs and overhead lights, and open curtains and blinds fully
- ✓ Pop pets in another room. If you'd like them in a photo, let us know
- ✓ Let us know about parking or access, like stairs or a gate code

Travel is free within 15 miles of Ongar, £25 for 15–30 miles and £50 beyond that.



If you're visiting our studio

75 Moreton Road
Chipping Ongar, Essex CM5 0AR

- Our garden studio is warm, private and set up for little ones
- There's space to feed and change baby, and a comfy seat for you
- Please arrive on time rather than early, as we may be finishing another session



07 · AFTER YOUR SESSION

Your photos, the next working day

Every collection includes next-working-day delivery at no extra cost. You'll receive an email with a link to your private online gallery.

Viewing & payment

Browse your gallery and pay your balance online before downloading, or pay in person at the studio. Extra photos, albums and framed prints can be added at any time.

Loved your photos?

We're a small, brand-new studio, so a quick Google review or a tag on Instagram means the world to us and helps other families find us.

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