

# Creative Lens

## STUDIO



*Welcome to your Tiny Treasures newborn portrait session.*

I am thrilled that you have chosen to trust us with the privilege of capturing your baby's precious images. The following information will help you make the most of this session time.

### *What to bring*

Our studio has most everything needed for a newborn session. You are also welcome to bring any specialty items or props to be used in your images. We welcome ideas and any of your creativity. The following is a requested packing list.

- diapers
- pacifier (can be helpful)
- extra bottles (if bottle feeding)
- burp cloths

### *Baby Soft Skin*

Dry flaky skin and acne will occur as babies get older. It helps to bathe your newborn and then apply Eucerin or other natural baby oil to their skin to soften the flakes. For baby acne, cool washcloths will help in cleaning. We also keep baby skin cream in the studio to use if needed. If all else fails, we do retouch!

### *Clothing*

Parents, partners, siblings or grandparents can request to be included in the portrait images. When it comes to clothing, the idea should be to wear items that will show well when images are printed and hung in the home. We suggest wearing solid colors or simple soft patterns that are not distracting. Gone are the days of "matching" clothing, however, when dressing the family, keep the tones similar. We love little boys barefoot and without a shirt or with a simple t-shirt, and Dads should keep clothing simple and similar as well. We do have some little white dresses for girls and white t-shirts for boys available in our studio.

You are welcome to bring a change of clothing, and we might warn you that when handling a naked baby someone will get soiled! If it's us, we are totally fine with it, however; we may suggest bringing a change of clothes if you have to go anywhere after the session.

For Moms we want you to be as comfortable as possible. Maternity clothes or anything that feels good to wear is welcome. You are welcome to use our tops or gowns for you to wear. We do suggest wearing makeup – especially mascara - as it really makes a difference in images and will make you feel a little better as well. When calling to schedule your session we would be happy to discuss your clothing choices with you.

### *Feeding*

On session day we would prefer if you are coming to our studio, to feed the baby after you arrive. Babies will tend to feed more than normal in a new environment, and feeding them in our studio first will usually ensure a nice start to a session. If you must feed the baby before you arrive, try just giving half a feeding. For bottle fed babies we suggest packing extra bottles. Babies get very hungry during their newborn sessions.

If you are breastfeeding, please see the enclosed nursing guide of foods we suggest to avoid 48 hours before your session. Every baby is different but we have found through experience that certain foods really affect babies. Gassy or grunting babies are often this way due to an intolerance to spicy or gassy foods. Always consult your pediatrician when there are concerns.

### *Location*

Our address is 15026 Saint Cloud drive, Houston, Texas, 77062. We are located in the Clear Lake area, just off of Pineloch dr, between El Camino Real and Space Center Blvd.

If you have any questions or any special requests, feel free to contact me at 281-683-0256.

*We look forward to your visit.*

## Breastfeeding Food Guide

This list is a helpful guide of common foods to avoid while nursing. These foods typically affect babies under 6 weeks. As they get older, introduce foods one at a time to see how they are affected. Every baby is different, so be sure to consult with your Pediatrician.

Citrus Acidic foods and drinks such as:

Cranberries  
Pineapple  
Grapefruit  
Oranges  
Lemons  
Strawberries  
All berries  
Tomatoes or tomato products  
Chocolate (rarely affects babies)  
Peanuts - nuts in general  
Pizza  
Spaghetti  
Chili  
Tacos/Spicy/Mexican Food/Salsa  
Ketchup

Restrict Foods Such As:

Soda, Coffee, Tea,  
Wine & Beer

Gassy Vegetables such as:

Asparagus  
Onions  
Cucumbers/pickles  
Broccoli  
Cauliflower  
Brussels Sprouts  
Cabbage

We highly suggest if your baby is gassy, to avoid the foods mentioned 48 hours before your session.

Check with your Doctor to see if Dairy is an issue.