



Which Newborn Session Style is Right for You?

Hi,

Thank you so much for your interest in booking a newborn session with me! I offer two distinct styles of newborn photography—Lifestyle and Posed—and I'd love to help you decide which one best suits your vision.

Newborn sessions are typically done within the first 2-3 week of life when they are sleepier and relaxed which allows for easier to gently position them in those adorable curled up poses. They are also still naturally flexible where they still retain more of their fetal positioning which is ideal for safe and comfortable posing. There typically are fewer disruptions during this time from baby acne or colic which can affect their comfort.

Lifestyle Newborn Session:

Lifestyle sessions are natural, relaxed, and focused on the connection between babe and parents/siblings. These take place in my cozy studio and center around your family's bond with your new baby. I gently pose both baby and parents to help capture real moments—snuggles, kisses, and those quiet in-between moments that tell your family's story. This session often includes both parents and siblings and reflects a more candid, storytelling approach.

Posed Newborn Session:

My posed sessions are more structured and focus on timeless, fine-art-style images of your baby. These are done in my posing studio where I have full control over lighting, props, and temperature for baby's comfort and safety. Your little one is gently and carefully posed while sleeping, using soft wraps, blankets, props and curated accessories in a clean, neutral style. These sessions highlight your baby's tiny features and are ideal if you're drawn to more polished and artistic newborn portraits.

If you love both styles you are in luck! You can customize the Posed session and include lifestyle portraits during that session.

Main Differences at a Glance:

- Lifestyle: Natural, candid, emotional, includes family, minimal props, done in my cozy lifestyle studio
- Posed: Studio-based, baby-led posing, artistic, more refined styling, done in the posing studio
- Lifestyle: More movement and interaction
- Posed: More stillness and focus on baby solo portraits

Whether you're drawn to the softness of a lifestyle session or the artistry of a posed session, I'm here to ensure a beautiful and stress-free experience. Feel free to reach out with any questions or to reserve your preferred session style.

Warmly,

A handwritten signature in black ink that reads "Jones Gilman". The signature is written in a cursive, flowing style.

Captivate Life Photography

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