



Baby Photographer
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WHAT AGE IS BEST FOR BABY PHOTOS?

Great question, and it's a fair question because babies are cute for a long time.

There are so many milestones that are a great guide for planning professional baby photos.

As a professional photographer, I work to babies development stage. So if they're not quite ready to do something, then I don't force it. I just adjust the photo session to them.

I have photographed babies of all ages for quite a long time now. So I'm quite happy doing that.

And just because your baby is say six months old, it doesn't necessarily mean that they're sitting yet.

So these guidelines are exactly that, guidelines as to the best age for baby photos.

The best thing is to plan ahead and book a photographer whose style you like.

Most photographers are booking a few weeks in advance, and with a newborn time is of the essence. Probably why I photograph a lot of babies that are around the six week mark and that's fine!



Newborn Baby Photos under 2 weeks old

The first key age that you could capture is the early days when they're newborn, typically under 10 days old.

Many specialist newborn photographers will only photograph babies in their early weeks (usually no more than 3 weeks old), any older and they may decline the photography session depending on their experience level of photographing older babies.

Around the one week old mark to 10 days is the best age for photos at this stage. After this period they may not sleep as easily, as they start to notice the world around them.

The poses for a typical newborn baby photoshoot are mostly based on your baby sleeping soundly. I work a little differently and don't insist at the newborn stage that your baby is asleep. If they are wide awake and curious, I will roll with that. It provides the chance to capture some different baby portraits.

I prefer to manage a parent's expectations so if the baby's awake, we're going to do posing that suits that. And if your baby sleeps, then we can do posing that suits sleeping.

Newborn babies have their own timetable
And wonderful pictures can be captured at any age.

3-4 months old

The next key stage is when your baby is three to four months old, and it's another great age for photos.

They're starting to lift their head up, they may be pushing up on their tummy using their arms. I only need them to push up for a few seconds to capture that memory. You may well get a smile at this age. Some master it earlier than others!

Just to remind us that every child is different.

Between birth and them holding their head at three to four months is an interesting phase. It is still possible to get good photographs at this age.

Your photographs will show a sense of scale because I like to use my parents' hands/arms creatively. There is no predictability to this phase, and your baby may or may not smile.





It's often a phase other photographers avoid because they're not quite sure what to do with them.

I'm used to photographing that age because I get a lot of people that have missed the newborn phase. And I have been photographing babies for a very long time.

6-8 months old

They will be either sitting up really straight or they will still be a little wobbly.

Initially baby's will often sit with their legs out and then their hands in front of them to aid balance.

It's an ideal age to include siblings as well because everyone's got used to each other. Things will usually run a bit more smoothly if they can be independent of each other, but will still interact.

For me this is THE best age for baby photos, as their character is really emerging.

10-12 months old

So they will typically be standing, and as a photographer, I like them to be standing, not running

I will happily photograph any age of baby, but I like to explain the options and manage your expectations.

It's not a problem if they're running. It just makes for a very lively photoshoot. I literally have to just direct, asking the parents (and older siblings) to keep resetting the baby back to where I need them.

I normally surprise the parents with how many beautiful photos we get, as for them it was just busy.

I have lots of, techniques that I use, and I only need them to be still for a moment. So, it's not a problem. I think it's just a case of rolling with it. If you start to feel stressed, then baby will pick that up.





Maternity Photos

So whilst we've talked about the best age for baby photos, I wouldn't rule out starting with a maternity shoot.

Ideally when you're in your eighth month of pregnancy. So you're not too tired, but you've got a nice bump shape.

What age is best If you are only able to do one baby photoshoot

Then my recommendation would be when your baby is sitting confidently at around 6-8 months old.

Even if they have started crawling, they'll still be very pleased with themselves, which makes for some super cute photos.

***Wondering what your baby's picture personality is?
Take my quick quiz at suekennedy.co.uk***

It can be a great way to start an album of your baby's first year. They will love looking back in years to come. Just to see what you and they looked like, and they're quite fascinated by it.

Actually. It's quite joyful to go through baby pictures with them when they're older.

Plus you get great shots when babies are on the move.

And Finally

I don't have any expectations that babies will do what I want them to do at all.

Generally, a child won't take any form of direction until they are about four years old.

With many years of experience photographing babies, I have learned to roll with whatever baby is doing and adapt the photography session accordingly.

There is not a one size fits all approach.

Obviously, I have lots of ideas of how to photograph your baby, but secretly they are in charge.

I hope that gives you some ideas on when to think about planning a photography session for your baby. But if you do have any questions, then please get in touch.

Next Steps ...

In addition to a single baby photography session at any age, I offer a baby's first-year photography plan. Typically starting when your baby is 4 months old it covers the three key milestones for your baby of pushing up, sitting, and standing.

There is the option to add a short maternity photography session to that.

Your body is doing amazing things, so why not record it? It's a great way to start a baby's first-year album or a memory box.

Capturing beautiful photos of the tiny details of your baby, their tiny toes, cheeky smiles. Interacting with older siblings, or including a favourite toy are lovely memories to have.

All my photography sessions take place at my studio in Harlow, Essex and more info can be found at suekennedy.co.uk

