

photo tips during covid19

Birth Photo Checklist for Partner:

- ____ Birth location (outside photo of hospital)
- ____ Hospital room, including room number
- ____ Birthing person (and partner) shortly after arrival at the hospital
- ____ Birth space, including labor tools such as affirmations, diffuser, birth plan, contraction timer
- ____ Birthing person laboring: using birth ball, rebozo, swaying with partner, holding hands with partner, in shower/tub
- ____ Baby with parent(s) shortly after birth, including close ups
- ____ Cutting cord and/or placenta (if desired)
- ____ Provider(s): midwife, OB, and/or nurse while working or posing with the family after birth
- ____ Baby's first feeding, including close ups
- ____ Baby's hands, feet, and other small details
- ____ Baby being weighed
- ____ Baby's footprints
- ____ Partner's first snuggles
- ____ Baby's first bath
- ____ Family photo

Fresh 48 photo tips:

- ____ Take photos during the day when there is plenty of natural light
- ____ Turn off hospital lights
- ____ Have baby near the window, facing the light coming in
- ____ Dress baby in outfit or ask a nurse to swaddle the baby
- ____ Photograph baby in bassinet or being held by parent(s)
- ____ Bring a letterboard to list details including name, weight, birth date and position in the bassinet or near baby
- ____ Have the window at your back or side when taking photographs, trying not to block the light coming in
- ____ Get close up shots of baby's hands, feet, and other small details
- ____ Get up close physically rather than zooming in
- ____ Take photos from above on some shots--standing on something can completely change an image/perspective
- ____ Try out portrait mode if you have a newer iPhone
- ____ Rotate phone to take photos horizontally as well as vertically
- ____ Consider bringing a small phone tripod to take family selfies using a timer
- ____ Play with the editing features on your phone or download the Lightroom App to crop, brighten or lift shadows if needed