

Total time:
1-2 hours



Difficulty Level: Normal

Skill Points:

- Portrait lighting
- Working with a newborn
- Creating a mood through props & lighting



CREATING PORTRAITS OF NEWBORNS

The newborn age begins at birth and ends at two months. This type of portrait typically concentrates on the face. Props can add a 'cuteness factor', but don't go crazy, or it will detract from the child's presence.

KEY LESSON: On newborn portraiture, the child is typically lying down, or being held by a parent or sibling. If a sibling is holding the child have the parents take responsibility. Simple props and coordinated clothing works best. Lighting options are open. Study the sample photographs.

SAMPLE PHOTOGRAPHS



EQUIPMENT

- Camera

Any DSLR, mirrorless, hybrid, or compact camera

- Lens + lens hood

50mm - 135mm

- Lighting

Window light, occasionally outdoor natural light, and large (48in x 48in) white and silver bounce cards

- Clothing & Props



TIPS!

Shooting Mode	A / Av	Aperture	f/5.6
Drive Mode	<input type="checkbox"/> Low speed burst	White balance	<input checked="" type="radio"/> AWB <input type="radio"/> AUTO
Focus Mode	AF-S	Format	RAW + JPG
Shutter Speed	1/125th to 1/250th	Metering	<input type="checkbox"/> Center weighted
ISO	400 adjust to facilitate shutter speed	Focus Points	<input checked="" type="checkbox"/> Center grouping



ACTION ASSIGNMENT!

- 1- Select a model. Select a clean background with a neutral or solitary color, and a few simple props and clothing. Create a set of portraits trying different support methods and props:
 - Laying down and shooting down, or laying down on the side, and shooting from eye level
 - Parental support newborn over the shoulder
 - Propping up (if possible – closer to 2 months)
- 2- Use a window indoors with bright indirect light for your main light and the bounce cards to lighten the shadow side (if needed).
- 3- Setup your camera following the tips, and adjust as needed.
- 4- Check the child's skin for cradle cap or loose skin, which is common in newborns. Experiment with changing your lighting. It's great to practice lighting on newborns, because they don't move as much. Don't forget to position their hands.

HOW DID YOU DO?

- Did you properly place the focus on the eyes?
- Did you frame the shot tight enough?
- Did you create enough depth of field?
- Is your color accurate?
- Is the lighting pleasing and can you see all of the newborn's features?
- Did you position the hands?
- Did you use a complimentary prop or clothing?
- Did you experiment with the lighting?