

Celebrity Newborn Photographer's Tips for Taking Photos

Written by Tamara Kraus

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Megan Fox and Brian Austin Green are one of many celebrity couples who asked Phoenix-based photographer Keri Meyers to capture their newborn's first stages of life, and you too can have star-quality baby photos here in the Valley.



In 2008, Keri Meyers' Newborn Photography was born, and has since gained international recognition from celebrities, photographers and OK! Magazine. Meyers has received first place awards in newborn photography at Best of Western Washington and the Newborn Division for National Association of Professional Child Photographers.

Each year, she travels five to seven times to do celebrity newborn sessions. Other high-profile clients include Donald and Vanessa Trump Jr., and Simon Helberg and Jocelyn Town (Helberg stars in "The Big Bang Theory"). While she has gained a large celebrity following, the majority of her work is done at her Phoenix studio.



She recently moved to Phoenix from Seattle, Wash., and loves the Arizona sunshine for outdoor sessions. But regardless of the session location, newborns aren't always ready for a close up, so it's important to prep both the parents and the baby so the session runs smoothly.



Here's her list of what to expect when you're expecting (a newborn photo session!):

Preparation:

- If nursing, avoid spicy foods that might upset baby's tummy for 24 hours before your session
- Make sure the baby is awake one to two hours before the shoot so he/she is sleepy when it's time for the session
- Put baby in loose-fitting clothes to avoid lines on the skin
- A pacifier is always good to have handy
- Because the studio is kept at 85 degrees (to keep your baby warm), she recommends that parents dress in layers in case they get too warm
- And most importantly, take this time to relax or catch up on work!

During the Shoot:

- Quiet environment
- Warm room
- White noise (so the baby is sleepy)
- Work slowly and quietly

And after the shoot, no need to worry about how to share the pictures: the full-service boutique offers canvases, frames, albums, and prints in

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addition to the digital files.

For more information about Keri Meyers Photography, visit kerimeyersphotography.com.