

Olive and Linen Newborn Photography Kit

A practical guide to preparing a calm lifestyle newborn session



AI-generated style illustration. Actual preset results will vary.

Plan a lifestyle newborn session with a warm, muted preset, a parent preparation email, an inquiry questionnaire, and a useful shot list.

Includes one XMP preset, an editable guide, and copy-ready templates.

sessionsavvy.com

Plan a calm lifestyle session

Start with the family, the light, and a short list of photographs that matter to them. A manageable plan gives you room to pause and respond to the baby and parents.

Before you confirm the session

- ☐ Agree on the location, participants, approximate length, price, and included images.
- ☐ Ask about the family photographs they most want to have.
- ☐ Confirm the best window light at the planned time with simple room photos.
- ☐ Record parking, access, pets, and any practical accommodations the family wants you to know.
- ☐ Explain your delivery timeline and rescheduling process in writing.
- ☐ Send the parent preparation email and a short questionnaire.

A flexible example sequence

Part of the visit	What to do
Arrival	Check the room and window light; reconnect with the parents.
Family connection	Begin with the baby comfortably supported in a parent's arms.
Small variations	Make wider and closer photographs while the family stays comfortable.
Pause as needed	Let the parents lead comfort breaks and handling.
Finish	Confirm the delivery date and anything still needed.

This is a lifestyle planning guide. Photograph only arrangements within your training and experience. The parent should support and handle the baby; this kit does not teach posed newborn setups.

Pack for a simple visit

- Charged camera, spare batteries and cards, and your familiar lens.
- A backup plan for equipment, plus a way to protect and back up files.
- A clean, uncluttered approach: ask before moving belongings or using props.

Photographs to make and details to notice

Create variety by changing your distance and viewpoint. Avoid repeatedly repositioning the baby just to complete a checklist.

Photograph	Prompt or composition
Whole family	Invite everyone close together and let them look at the baby.
Parent and baby	Ask the parent to settle comfortably and hold the baby as they normally would.
Connection	Photograph a quiet look, gentle touch, or conversation between parents.
Wider room	Step back to include the nursery or a meaningful part of home.
Baby details	Photograph fingers, feet, hair, and fabric while the baby remains supported.
Siblings	Invite a sibling beside the parent; follow their comfort and interest.
Each parent	Make a few photographs with each participating parent.
Vertical and wide	Leave useful room for print crops and a landscape composition.

Watch the light

Look for soft window light on faces. If a room has strong mixed color from lamps and daylight, choose a consistent light source where practical. Check focus and exposure as people move.

Write your session brief

Family name and session date

Location and access details

Three photographs the family values most

Primary window or room

Delivery promise and next contact date

Newborn inquiry and preparation questions

Use the first four questions for an initial inquiry. Save the detailed preparation questions for an interested or booked family so the first step stays easy. Adapt the wording to your service.

First inquiry

Your name and preferred email

Preferred date or flexible date range

Session location or general area

Who would you like included in the photographs

After booking

Which photographs are most important to you

Are there meaningful rooms or items you would like included

Where does your home receive the best natural light

What should I know about parking pets or access

Are there practical accommodations or preferences you want to share

Keep questions limited to what you need for this session. Discuss publication permission separately from the booking questionnaire, using your own permission process.

Messages to customize for your clients

Replace every bracketed field. Confirm the details against the actual booking before sending.

Parent preparation email

Subject: Your newborn session on [DATE]

Hi [FIRST NAME],

I'm looking forward to photographing your family on [DATE] at [TIME] at [LOCATION]. We'll focus on relaxed photographs of you together and the little details you want to remember.

Comfortable clothes in soft, coordinating colors work well. Please keep any meaningful blanket or item nearby. You only need to clear the small area we plan to photograph; your whole home does not need to be picture-perfect.

We can pause when your family needs a break. Please send any parking or access notes and the names of everyone joining us. Our planned session length is [DURATION], and your images will be delivered by [DELIVERY DATE].

See you soon,
[YOUR NAME]

Short session reminder

Subject: A quick reminder for [DATE]

Hi [FIRST NAME],

We're set for [TIME] tomorrow at [LOCATION]. Please contact me at [CONTACT METHOD] if anything changes. I have your requests for [PRIORITY PHOTOS] and look forward to meeting you.

[YOUR NAME]

Gallery delivery email

Subject: Your newborn photographs are ready

Hi [FIRST NAME],

Your photographs are ready: [GALLERY LINK]. Your package includes [DELIVERABLES]. Please follow [DOWNLOAD INSTRUCTIONS] and download your files by [DATE IF APPLICABLE].

Thank you for letting me document this time with your family. If you have any questions, reply here.

[YOUR NAME]

Install and adjust your preset

Olive & Linen is a starting point for soft contrast, creamy highlights, restrained color, and muted olive greens. Apply it to an unedited photo or a virtual copy, then adjust the photograph for its own light and subject.

Import the XMP file

- Unzip the kit and locate the .xmp file in the Preset folder.
- Lightroom Classic: open Develop, use the + menu in Presets, then choose Import Presets.
- Lightroom desktop: choose File > Import Profiles & Presets and select the XMP file.
- Lightroom mobile: open a photo, choose Presets, then use the options menu to import the extracted XMP file. Menu placement varies by platform and version.

Look for Olive & Linen in the Custom Portraits preset group. This kit supplies XMP, not DNG or legacy .lrtemplate files. Use a current Adobe app that supports XMP preset import.

Make the look work for this photo

- Set exposure for the faces first. The preset gently subdues midtones; raise Exposure if a room was already dark.
- Adjust white balance for natural skin and linen. Cool Temperature slightly if the result looks too yellow.
- If foliage or walls cast a green tint, inspect Tint and the surrounding light before adding saturation.
- If skin loses too much color, ease the orange saturation reduction. Keep normal skin variation rather than forcing every complexion to the same brightness.
- Check white blankets for detail and dark hair for separation. Fine-tune Highlights and Shadows if needed.

Exposure, white balance, crop, lens corrections, and sharpening are left for you to set. Adjust one representative image before applying the look to a group shot under the same light.

Compatibility note: the preset file structure has been checked; importing and visual results still need verification in Adobe Lightroom. Keep your originals.

Official installation references

[Lightroom Classic preset help](#)

[Lightroom desktop preset help](#)

[Lightroom mobile preset help](#)

Put your next session in motion

Use the templates you have just customized to prepare your next newborn session. Session Savvy can keep the inquiry, booking details, and client communication together.

Prepare a short inquiry form

- Use the four first-inquiry questions from this guide as your starting point.
- Open your Session Savvy account and customize an inquiry form for newborn photography.
- Review its wording, send yourself a test inquiry, and confirm where the response appears.
- Share the form where prospective clients already find your work. Save the longer preparation questions for later.

[Start a free Session Savvy account](#)

[Explore the relevant Session Savvy feature](#)

Already have an account? Sign in and use the same checklist. The links open the existing website; they do not automatically import this kit or create a session.

After the shoot

- ☐ Back up your files before editing.
- ☐ Cull for expression, focus, and useful variety.
- ☐ Adjust a representative image, then review every synchronized edit.
- ☐ Check skin tones and whites at normal viewing size.
- ☐ Deliver the agreed image count by your promised date.
- ☐ Send the delivery message and record the next follow-up.

Make this kit your own

The editable Word guide contains the same checklists and templates as this PDF. Separate text files make it easy to copy messages into your own system. Replace every bracketed field before sending.

You may use the supplied preset on personal and client photographs and adapt the written templates for your own photography business. The kit is provided free by Session Savvy. Photos shown here are AI-generated style illustrations, not client work or measured preset results.

[More tools for photographers](#)