THE BACK POSE















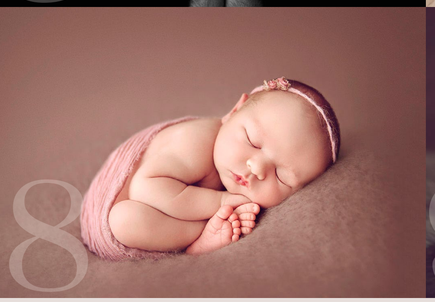





NEWBORN POSING

by Kelly Brown

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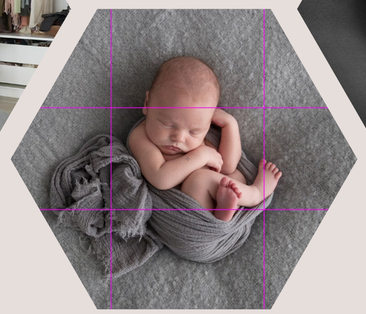



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POSING

The Back Pose is one of my favourite poses as it shows the baby in its purest natural state. Being able to curl the baby up on the posing bag I use a wrap to support the baby and hold it in this position.

If the baby is nice and sleepy, this is the first pose I start with during my sessions, as I can easily transition from the back pose into the side pose.

POSING



STEP 01

At the beginning of every session I like to take the baby from the parents and hold it in my lap to see how they respond to my touch. This gives me a good indication as to how I will work with each individual baby.

Placing a wrap across the middle of the posing bag, I transition the baby into the middle, where I've created a beautiful supportive well.

WRAPPING TIPS

Choose long, stretchy wraps.

Keep the styling simple to create beautiful, timeless images.

POSING





SAFETY TIP

Never leave the baby unattended on the posing bag.

STEP 02

Then lay the baby in the center of the wrap positioning them slightly on their side toward the light.

The wrap should be just above the shoulders of the baby.

STEP 03

Cross the legs with the one closest to the light underneath and the other above.

The foot underneath will help hide the babies' gender.

POSING







STEP 04

Keep one hand on the legs of the baby so not to cause a startle effect, and then pull the wrap firmly down on the left side.

STEP 05

Swap hands to hold the wrap and legs while tucking the wrap around the opposite side of the baby.

STEP 06

Cross the ends of the wrap over at the bottom of the baby.

POSING







STEP 07

Now sliding your left hand gently under the baby's head life to bring the wrap up and around under the head. The weight of the baby's head will help keep it in place.

STEP 08

Then pull the right side of the wrap down and around tucking it under the left side of the baby.

STEP 09

Now gently tie the wrap off to the left side creating a feature or tucking it under the baby to hide the ends.

POSING







STEP 10

Using cloth nappies or supports, position them under the baby's head and bottom – under all of the blankets to help hold them in this position and make them feel secure.

STEP 11

Gently turn the baby's head towards the ceiling, tilting it towards the feet so you can see the entire face when shooting from above.

Then place another support under the baby's head lifting it gently if need be.

Lastly, arrange the hands so they appear soft and comfortable.

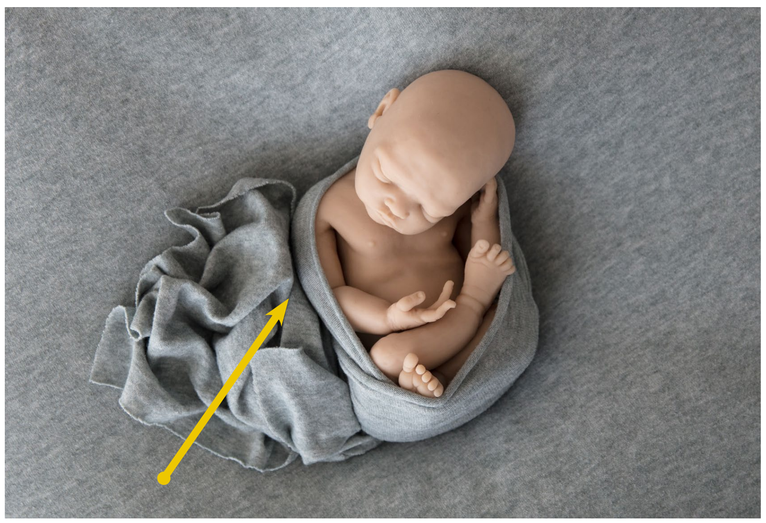
LIGHTING

Knowing how to light your subject is crucial in creating professional imagery.

Whether you are using artificial light or natural light you want to control the direction of the light so that it does not create any unnatural or unflattering results.



LIGHTING







* SOOC image



‘Ghouls’ lighting is where the direction of the light comes from down low and points up toward the subjects face, this creates an unnatural and very unflattering effect.

This is something you want to avoid when photographing babies.



The light here is hitting the top of the baby’s head, making it the brightest part of the image, therefore drawing our attention away from the baby’s face.

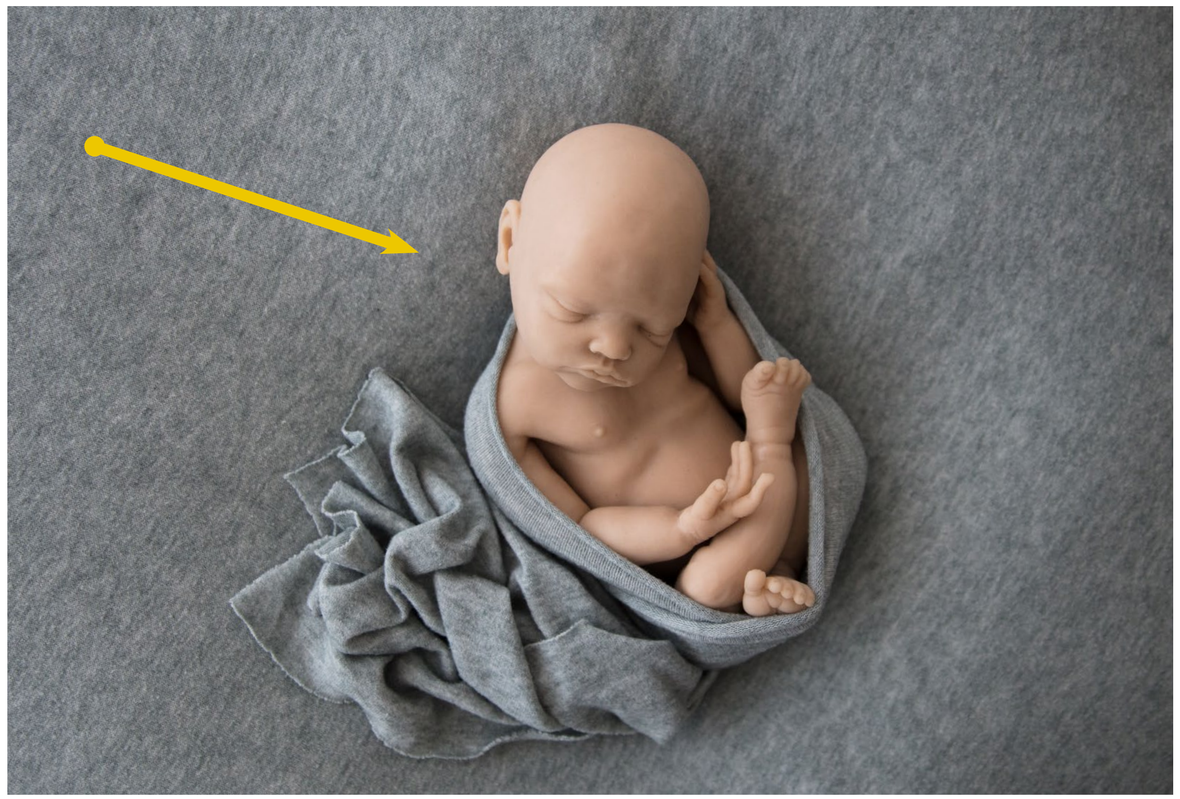
It also creates a lot of unwanted shadows under the eyes, cheeks and chin.



Here the light is falling gently across the baby from the side. It is illuminating the side of the face that is turned away from the camera, allowing the shadows to define the features.

LIGHTING





* SOOC image

TIP

When looking for the direction of the light, look for where the shadows fall.

Don’t forget to move your subject, or position the light, depending on the style and mood of the portrait you are trying to create.

Watch the light fall across the baby, as you move your light source or reposition the posing bag or prop.

Use a reflector to fill shadows when necessary.

LIGHTING - NATURAL

TIPS

For a softer look when working with natural light, move your subject further away from your window.

To increase the contrast in your lighting, move your subject closer to your window. This creates harder shadows.

Sheer curtains work well for diffusing the light.









LIGHTING - ARTIFICIAL

TIPS

When working with artificial light, whether continuous or strobe, adjusting the height and distance of your light will impact the way your shadows fall.

As you can see in these examples, by positioning the light at a 45 degree angle to the baby, the light now falls more evenly across the baby's face.

When the light is positioned lower it creates a moodier type of lighting.







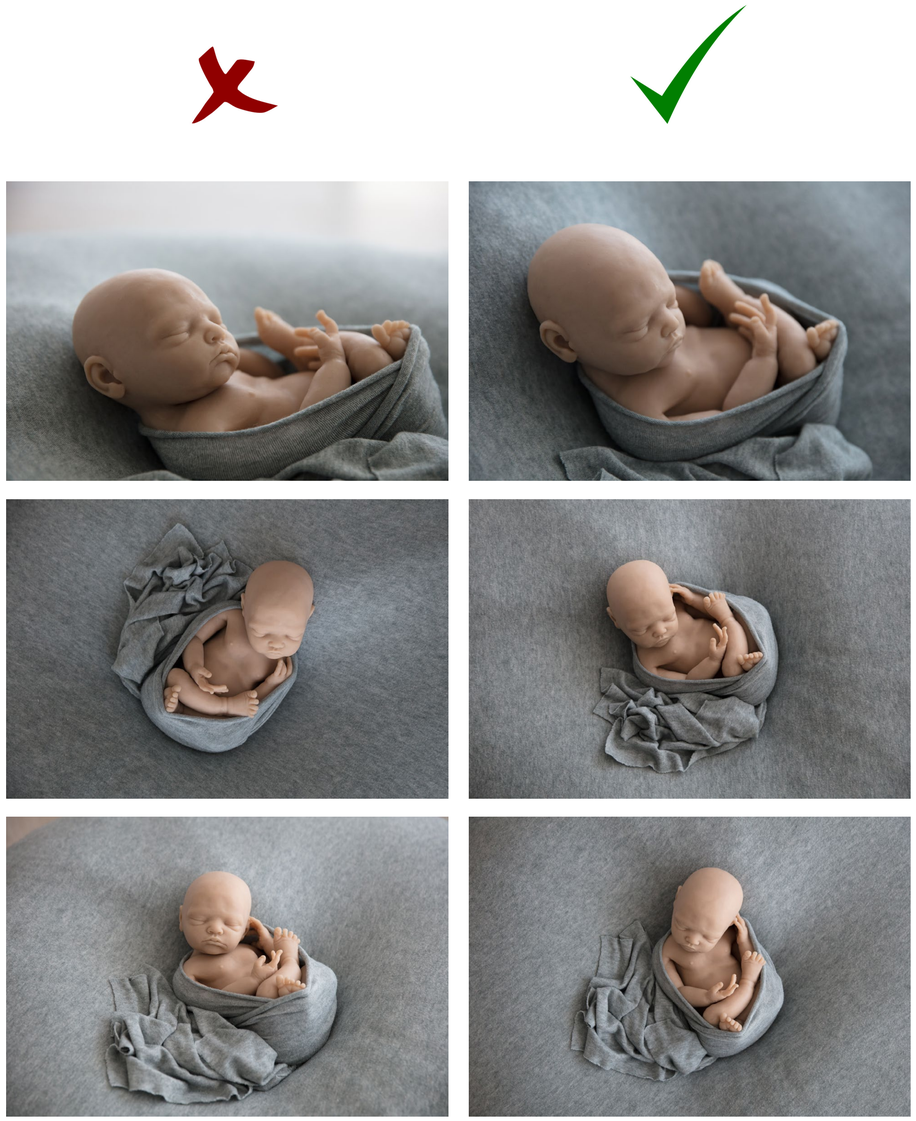


CAMERA ANGLES

When looking for the right camera angle, it's important to understand perspective. This gives the right impression of the height, width and depth, and the position of the subject within the frame.

For flattering angles, shoot from a higher angle, down and across the baby, imagining that there is a straight line from the lens to the top of the baby's nose to avoid looking up the nostrils.

I aim to have the baby's face as the closest body part to the camera, as this is the main focal point to all of my photographs.



CAMERA ANGLES - DIRECTLY ABOVE



SAFETY TIP

Using a standard zoom lens, such as a 24-70mm, will allow you to zoom out for a wider angle, to avoid having to stand on anything above the baby.



* SOOC image

CAMERA ANGLES - CLOSE UP



TIP

Zoom in to capture all the details.



* SOOC image

CAMERA ANGLES - BACKLIT



TIP

Shooting into the light, zoom in and tilt your camera so that the baby's head is nice and high in the frame, and the closest body part to your lens.



* SOOC image

COMPOSITION

Composition refers to how certain elements are arranged inside a photograph. For me it's all about balance and making the subjects the main point of focus.

There are no right or wrong ways when it comes to how you should compose your images. There are however, a few guidelines that can help you to improve the composition of your photographs.

Following these guidelines will help you achieve better compositions that are more attractive to the eye. I find that I tend to use more than one of these guidelines when I'm setting up to take my shot.

COMPOSITION

The one technique I consider the most and the simplest is the Rule of Thirds.

What I look for is to place the main focal point of the image along one or more of the lines or where the lines intersect. It's very common to place our subjects in the middle of the frame but when you position them off to either the left or right using the rule of thirds this will lead to a more pleasing composition.

When photographing babies their face should always be the main focal point of every image so depending on the set up look for either placing their face off to the side in either the top two thirds or the bottom two thirds where the intersecting lines meet, and allowing their body to lead your eye into the rest of the frame.

Another thing to think of is Symmetry. When looking for different camera angles, consider placing the main subject in the center of the frame.



* SOOC image

COMPOSITION

Filling the frame with your subject allows you to focus completely on the main subject without any distractions. It brings all the little details of the baby into view that wouldn't be possible if photographed from further away.

Filling the frame involves getting in nice and close, you may even crop out areas of your baby/subject. This creates a very cosy and visually pleasing composition.



* SOOC image

GALLERY

It's important to not put too much pressure on yourself during a session. Remember that every baby is different and will not go into every pose. Every single baby will have their own comfy spot and at absolutely no point should they be forced into any position.

Focus on the baby and what they're comfortable with. Getting "the shot" is not as important to the parents as the comfort of their baby. They just want to remember how perfectly tiny their baby was.

Your purpose as a photographer is to provide the product and service that your clients have chosen YOU for.

THE BACK POSE GALLERY











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