rebecca groller
PHOTOGRAPHY

First Birthday Cake Smash Session

Prep Guide



As your first birthday photography session approaches, here's a guide to help you prepare for a seamless and enjoyable experience.

What to expect

Hi, I'm Becky!

Thank you for choosing me to work with your family! I look forward to working with you to capture your upcoming first birthday photos. I know that planning for a photo shoot can feel overwhelming, but I'm here to help prepare you and give you the tools to make this as stress-free as possible.

I've been a professional portrait photographer for over 15 years, and I absolutely LOVE my job. I'm excited to show you how fun your session can be!

On the day of your session, I'll guide you to ensure a relaxed and enjoyable atmosphere while capturing genuine moments. I'll be in touch to confirm details and address any questions before we meet. After the session, you can expect to receive your proofs within a few weeks, with options to order prints and additional products.



Please know I'm only an email, text, or phone call away and I'm more than happy to assist you through this entire process... from preparing for your session to ordering products of your beautiful images to display in your home.



Phone: 814-973-7272

Email: rebecca@groller.net

Preparing for your session

What's Included

So your baby is turning ONE? Cue the happy tears, camera snaps, and frosting-covered fingers.

I'm here to help you celebrate this milestone with a session that feels just as joyful and unforgettable as your baby's first year.





A First Birthday Cake Smash Session includes two parts:

Part One: Sweet & Simple Portraits
Photos of your little one in a cute outfit capturing their smiles and personality.

Part Two: The Celebration!
Now it's time to party! This second half of the session is where we get messy—in the best way. You can choose from one of three celebration options:

- Cake Smash
- Milk Bath
- Bubble Bath

Can't decide? A Smash & Splash session includes: portraits, a cake smash, AND a bath! Contact me to upgrade to this package! It even includes a keepsake photo book!







Posing for portraits

Portraits to Commemorate ONE!

PORTRAITS

We start the session with timeless portraits to capture your baby's personality before things get a little messy. I suggest keeping this set neutral with no birthday theme, so you can display these images all year round.





Here's what to expect:

- **Backdrop Selection:** You'll choose one backdrop or set for this portion. Feel free to visit the "Backdrops" tab on my website to pick your favorite.
- **Props:** I'll incorporate 3–4 versatile props such as stools, crates, a step ladder, or a vintage suitcase.
- **Outfits & Details:** Dress your baby in a favorite outfit and feel free to bring a special lovey, toy, or keepsake.
- **Moments Captured:** Expect close-ups of those curious eyes, gummy grins, sweet dimples, and even the serious stares... we love them all!













Bring on the cake...

Cake Smash Time





Bakery Recommendations:
Sweet Girlz
Hellertown Bakery
Vegan Treats

When in doubt- Wegman's
Ultimate White Cake is perfect!



CAKE SMASH TIPS & PREP

- **Backdrop Selection:**
  - You'll choose one backdrop/set for cake smash. Feel free to visit the "Backdrops" tab on my website to pick your favorite.
- **Outfit:**
  - Bring along a cute outfit for your baby to wear during the cake smash
- **Cake:**
  - Due to allergies, cake is **not** provided, bring a 4", 6" or 8" round cake
  - Avoid fondant, sugar beads or other choking hazards
  - Avoid too much brown, red, or black icing
  - Remove the cake from the refrigerator 2-3 hours before the session to allow the frosting to come to room temperature so it's easier to smash
  - I have several cake stands available
  - Bring along puffs or another dry snack to add to the cake if needed
- **Clean Up:**
  - Don't forget a comfy change of clothes for the ride home (for baby and for you).
  - I'll have washcloths and towels handy, but it's smart to pack extra wipes just in case.
- **Pro Tip:** Give your baby mashed potatoes a week or before the session. It gets them used to having messy hands and let's them explore a texture similar to icing prior to their smash.

Cake alternatives

Celebration Ideas to Commemorate ONE!

ALTERNATIVES TO CAKE

Not feeling cake? Or worried about allergies? I love the idea of letting them celebrate with one of their favorite foods, especially if your little one isn't a fan of sweets! Food is not provided and will need to be brought along the day of the session.

Here are a few fun alternatives families love:

- Cupcakes
- Pie
- Donuts
- Watermelon
- Pancakes
- A fruit-smash instead of cake (messy and healthy!)
- Spaghetti (yes, really!)
- Steak & mashed potatoes for a cowboy-themed twist
- Ice cream













Splish, splash

Bath Time Fun





BATH PREP TIPS

- **Milk Bath:** Gentle, calming, and oh-so-sweet. We fill a little tub with warm water and milk, and you can customize it with floral accents or fruit slices.
  - Please bring one quart of milk (whole milk or breast milk).
  - If using flowers, choose ones that float and be sure to remove and prep the flower heads in advance. Avoid dyed flowers as the color bleeds.
  - If adding fruit, bring it pre-sliced and ready to go. It's also nice to add some whole fruits as decorations.
- **Bubble Bath:** A bubbly rinse-off that doubles as a photo-op. Perfect for wrapping up the session with giggles and clean toes.






Shown above are some examples of bath set-ups which include a white claw-foot tub and a white bath basin. Please note that the white tub with gold accents does not hold water and can just be used as a regular prop.

For the bath, I will provide towels for your use. I highly suggest bringing an extra helper with you to the session for your child's safety in the bath set-up.







Get creative

Let's Make It Yours

A great place to start for some inspiration or ideas is to check out my 1st Birthday Session Portfolio on my website.

You're welcome to be as creative as you'd like when it comes to themes and props for your little one's session! Feel free to bring along any personal touches you'd like to include, such as:

- Props
- Banners
- Favorite toys
- Family heirlooms
- Special outfits

If you're bringing banners or other decorations, please make sure any banners are pre-strung and that all packaging and price tags have been removed from your items.

I also have a large selection of banners available! If you have a particular theme or color scheme in mind, just let me know, I may already have something perfect for it.

As for balloons, you have a few options:

- Bring your own helium-filled balloons
- Pre-order helium-filled balloons through me
- Or, I can add a few air-filled balloons on the floor for a simple, fun touch

Let's make this session unique and special for your little one. I can't wait to see what you come up with!

Family add-on

Update Your Family Photos

No matter your vibe, I'll help you choose a studio set that fits your family so your session feels relaxed, natural, and true to you.

For set selection, please visit the "Backdrop" tab on my website.
Make sure to select "Larger backdrops for families"



Please come dressed and ready for your photos. Baby can be changed once you arrive at the studio.

I offer neutral and simple sets to keep the focus on our family. If you need help choosing your backdrop, feel free to reach out.

If you choose this add-on, I take just 5-10 minutes at the beginning of your session to capture a few images of your family together. We keep this short as babies only last so long and we want the focus to be on their birthday.













What to wear

Styling Tips for Children

KIDS



Comfort first! If your child's outfit is itchy or annoys them it *will* show. Try everything on in advance to check for the proper fit... scratchy tags, shoes that are too big or too tight, and anything that may pose a problem later. Make sure your child is comfortable in what they'll be wearing.

Cover the diaper. Even if it's hidden when standing, a saggy diaper can peek out when your little one is picked up. A coordinating diaper cover from Amazon or Etsy keeps things photo-ready.

Skip the constant adjusting. If a shirt won't stay tucked, leave it untucked, or find a longer option. Movement is part of the session and we want outfits that can keep up.

Have a teether? Bring a cute bib or bandana for those drool-y moments. It's a tiny detail that can save a lot of clean-up mid-session.







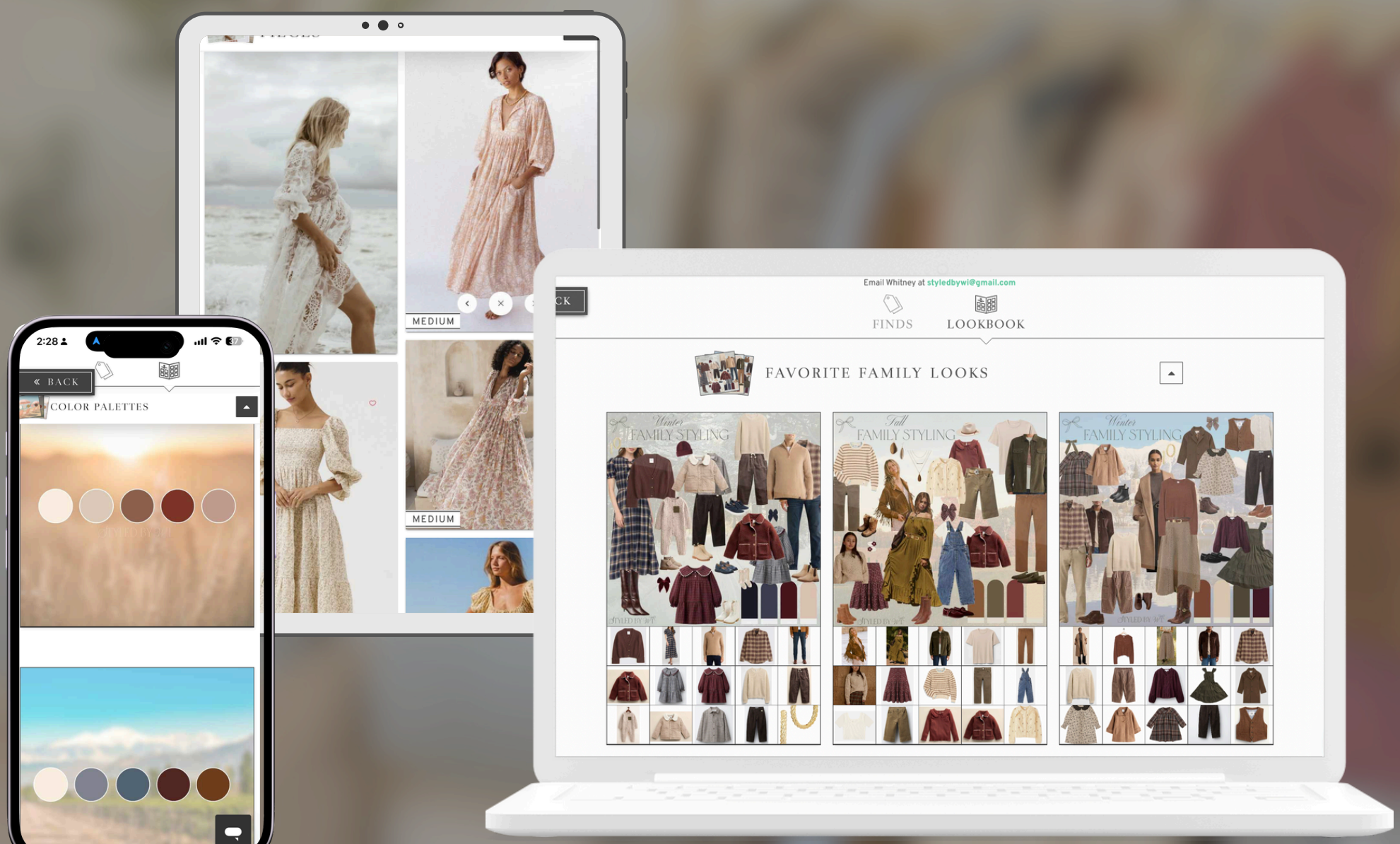
Favorite Shops
Joyfolie
Morning Lavender
Zara
Alice and Ames

For your convenience, I have a FREE seasonal **online shopping /style guide available** with links to purchase everything online from boutiques as well as Target, H&M, and Amazon. It's one stop shopping for the whole family! The info to access this free service is on the next two pages.

a live

STYLE GUIDE

UPDATED WEEKLY WITH NEW STYLES
& MOODBOARDS!



FREE ACCESS FOR MY CLIENTS VISIT:

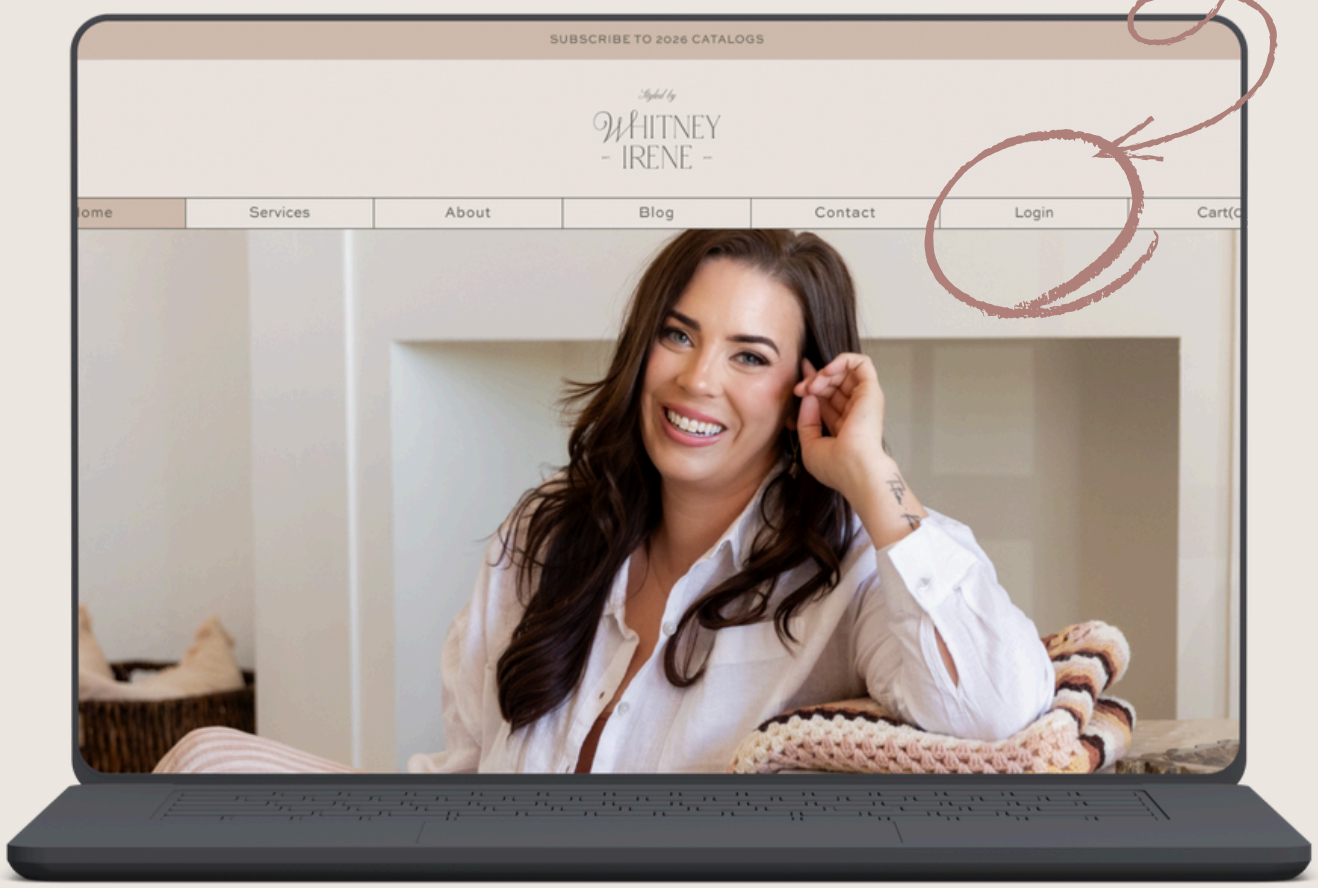
STYLEDBYWI.COM

STYLING CATALOG ACCESS

VISIT STYLEDBYWI.COM

HOMEPAGE
CLICK "LOGIN"

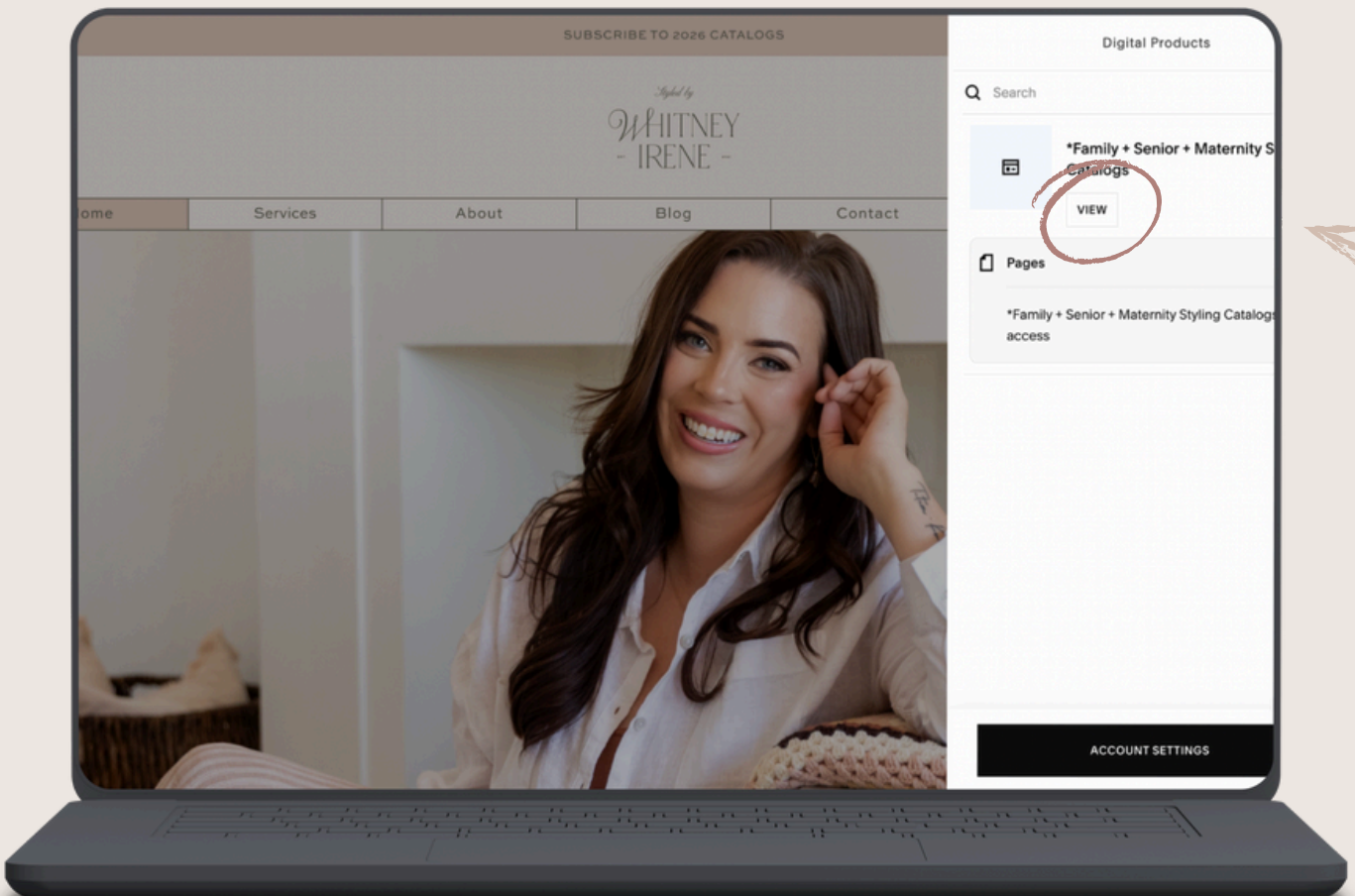
Client LOG IN



✓ USERNAME: rebeccagroller@gmail.com
✓ PASSWORD: RGPstyling

Once LOGGED IN

CLICK "VIEW" TO
OPEN CATALOG



What to wear

The Details

Should I Wear My Glasses?

If you wear glasses daily, you should wear them in your photos. I've worked with dozens of glasses-wearers and have a few tricks for reducing glare.









Quick Fit Check

Try everything on beforehand.

If you are adding on family photos, your baby will be held. Give their outfit a test run to make sure nothing rides up or hides their face and shoes fit properly or consider skipping shoes altogether.

Pro Tip: Once everything is set, **remove ALL tags** including stickers on the bottoms of shoes. Press/steam any pieces ahead of time to alleviate last minute stress right before your session.

Things to do

Before Your Session

- I highly recommend **bringing TWO adults to the studio for the success of your session**. Typically we need one adult close to the camera to help with smiles and the other close to the child for safety/ posing.
- A **questionnaire** will be emailed 1 week prior to your session. Please take some time to fill out the details for the success of your session.
- **Make sure your child naps and eats** before the session if appropriate for time of day.
- **Bring puffs or a dry snack and sippy cup or milk** in case your child needs an incentive during the session.
- If doing sibling photos, **bring your older child(ren) dressed** in their outfits ready for the session.
- If your child is in a diaper, please bring or have them wear a matching **diaper cover**.
- If your child is **teething**, it may be a good idea to **give your child some Tylenol** before the session for their comfort.







Things to do

Before Your Session

- Since I photograph newborns in my studio, **I do not allow anyone who is sick in the studio**. If your child or anyone in your family is not feeling well the day of the session, please call, text, or email to reschedule.
- **Use GPS and arrive early** to allow for any unexpected delays and to start the session feeling relaxed.
- If adding on family photos, **clean glasses** right before the session starts... you'd be surprised how noticeable dirty lenses are in the photos.
- **Bring a hair brush/comb** to fix your child's hair during the session.
- **Remove items** from your pockets as well as temporary tattoos, chipped nail polish, band-aids, hair ties, Fitbits and Apple watches as they will show in the photos.
- If there is inclement weather or it is wet outside, please wear different shoes to the studio and **bring separate clean shoes for the photos.** Thank you for your help keeping my sets clean.













Tips & tricks

During Your Session

01 **Love on your family!** Give kisses, hugs, tickles and show affection.

02 Please **wipe faces and noses** throughout the session as needed.

03 **Be prepared to sing and act crazy**. Your child will smile more easily for you than for someone they've just met.

04 For sibling photos or individuals of the kids, **stand behind the photographer** to help get your child(ren) to smile at the camera.

05 Please **help with hair and clothing placement** throughout the session.

06 If your child likes to hold your cell phone, please do not pull it out or it may end up in all of your images. **Cell phones will not be edited out of photos**.

Keep in mind that the session is fast-paced as we are trying to get many different looks while your child is happiest.





Frequently asked

Questions With Answers

01. **What do I do if someone in my family is not feeling well?**

Safety is my highest concern. Since I photograph newborns in my studio, **I do not allow anyone who is sick in the studio**. If your child or **anyone** in your family is not feeling well the day of the session, please call, text or email to reschedule. It is my job to capture everyone as they are, however, we would all prefer a happy, smiley child. If you need to reschedule, I would appreciate notice within four hours of the session or even a heads up a day or two in advance should any family member be start to come down with something. Your paid retainer will be transferred to the reschedule date and I appreciate you making safety for even my tiniest clients a priority.

02. **Can we add on grandparents or another relative to our session?**

Extra adult subjects can be added on to the session. The fee is $25 for each additional subject.

03. **What if I want extra digital files after my session?**

Each session includes a set amount of digital files. Extra digital images can be purchased for $30 each plus tax. Entire galleries can be purchased as well. Fees vary depending on the type of session. I also offer a print promotion for each session where if you reach the print order minimum you will receive your whole gallery of digital images at no extra cost.

04. **Can I order professional quality prints and products?**

Absolutely! I offer professional grade prints and products that can ordered directly through your online gallery and are shipped directly to your home.

Have another question?
Email me: rebecca@groller.net





Frequently asked

Questions With Answers

05. **How long will it take to receive my print order?**

The timeline for receiving your book/prints will vary based on product.

- Prints- 7-10 days
- Classic Photo Books- 4-6 weeks
- Premium Photo Books- 2 weeks
- Canvases/Metals/Acrylics- 3-4 weeeks
- Framed Prints- 3-4 weeks

06. **Can I bring my dog(s) to the session?**

Please email me before choosing this add-on during booking. I love adding pets to sessions, however I need to be extra vigilant with cleaning due to allergies. It will depend on if my schedule allows time for cleaning between sessions. I have experience in capturing the unique bond between families and their furry friends. There is an extra fee of $25 per dog. I would suggest bringing a friend or family member as your “pet handler” to assist.

07. **What's your rescheduling policy?**

If you need to reschedule your photo session, your paid retainer will be applied to a rescheduled session if two weeks notice is given or the reason is due to illness. Retainers may only be transferred one time per session for any reason other than illness. In the event that you need to reschedule more than one time, a new retainer payment will be required.

Have another question?
Email me: rebecca@groller.net

What's next?

After Your Session



YOUR GALLERY

You'll receive a proof gallery within 3 weeks.

Choose your included images as favorites. Upgrades are available if you'd like more. Selected images go through a round of final edits.

Extensive edits (like head swaps) will have an additional fee.

Final gallery includes a print release and is ready for digital download.

PRINTS & PRODUCTS

You will have the option to order professional-quality prints, canvases, photo albums, and more directly through your final gallery.

All products are shipped straight to your home within a couple of weeks.

Prefer your images on a USB flash drive? USB drives are available for a $40 fee (plus tax).

REFER A FRIEND & REBOOK

Referral Rewards: Receive a $20 print credit for each new referral who books a Full Session. Receive a $10 print credit for each new referral who books a Short & Sweet or Mini Session.

Loyalty Rewards: Earn 3 points for each Full Session you book. Earn 2 points for each Short & Sweet/Mini Session. Once you reach 8 points, you'll receive an $80 print credit (valid toward prints only).

Send any questions to: → **rebecca@groller.net**

Thank you!

Thank you for taking the time to read through this guide. I truly appreciate your trust and confidence in my services as a baby photographer. My goal is to provide a relaxed and personalized experience that captures your baby's unique moments. If you have any questions or would like to discuss your session further, please don't hesitate to get in touch. I look forward to working with you!



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