

CAKE SMASH

STUDIO Z PHOTOGRAPHY

5
THINGS
YOU NEED
TO KNOW

How to
PREPARE FOR
YOUR SESSION





WELCOME

Welcome to Studio Z Photography!

Cake smash photos are such a fun way to remember your baby's first birthday! I always like to help my clients feel prepared and ready for their photo sessions so I'm sharing everything you need to know to have the most successful cake smash photo session. If you have any additional questions or concerns, feel free to get in touch with me prior to your scheduled session.



CAKE SMASH SESSIONS: 5 THINGS YOU NEED TO KNOW

What is a Cake Smash Session ?

If you're new to cake smash photography sessions, let's dive into what exactly it is and why you should book this type of session for your little one. For starters, a cake smash photo session is a popular way to celebrate a child's birthday. You can even use the images for birthday invitations. The 'cake smash' element comes in as a way to allow the children to lead the session AND have fun with cake. Placing a cake in front of a child is sure to result in some adorable photos that you will love to look back on for years to come. These photo sessions begin by photos taken of your family and children without the cake to get some nice 'clean' photos. After that, the cake is placed in front of your child and we really let them take the lead here. Let's face it, babies are bound to have a blast with free reign of cake!

When should you book a cake smash session ?

Cake smash photo sessions are most popular among families as a way to honor a child's first birthday. In this case, it's best to schedule the session when your baby is about 11 months old so you are able to use them in relation to their birthday. Whether you want these images to use for your baby's first birthday or not, plan to have the session booked for about a month prior to when you want to use them. This will give your photographer (me!) time to edit and send over the images so you can get them on time.

What Cake is Best for a Cake Smash Session ?

There are a few things to keep in mind when selecting the cake to use for this session. First and most importantly, DO NOT use vegetable shortening (Coppa) in your cake. It is the only thing that will stain my very expensive washable backdrop. It is also pure trans fat that you don't really want to put in your child's first cake anyway. When selecting the color(s) of the cake, it's generally best to avoid chocolate or bright red. As your little one begins digging in to their cake, chocolate and red don't always look great. A light sponge cake with buttercream or something that's whipped is best because it's easy for your child to dig into and play around with during their session. Avoid dense cakes and solid frostings like fondant as it's not very easy for children to 'smash'.

What Size Should a Cake be for a Cake Smash Session ?

Having your cake professionally made to use for this photo session will make life so easy. It also completes the overall aesthetic and adds to the décor element. (I can recommend a great local cake maker!) Of course, size is an important factor when selecting the cake. Choose a cake that's a decent size but not TOO big. One to two layer cakes tend to work great, and make sure it's small enough so your baby can sit behind it and still be seen.

Is a cake smash session safe for my baby?

A cake smash photo session is one of the cutest ways to commemorate this special milestone. However, many moms are worried about whether they should be letting their little one eat cake at such a young age.

Here's the reality.

The majority of babies eat little to no cake at all during a cake smash shoot. It does get messy, but they hardly consume any of it.

If you are still feeling concerned, here are some other things you should know:

- **A little bit of sugar won't harm your baby.** In fact, babies already know what sweetness tastes like. If you have ever tasted breast milk or formula, you would understand how this is possible.

- **You can choose what cake to include.** If you would prefer to include a cake with less sugar, make one. Ask me (or google) for cake recipes that are sugar-free, dairy-free, fruit-filled, paleo, etc.

- **It doesn't need to be a cake.** It might be called a cake smash, but you can turn this photo session into anything you want to. Think healthy, messy foods – there are so many great options to choose from. Spaghetti smash or watermelon smash photos are just as fun!

- **Focus on the memory.** If you are worried about how much sugar your child might consume, know that these shoots go by quicker than you might think. Your child won't have enough time to consume as much sugar as you are imagining. Try to focus more on the memories you are creating than the cake your little one is digging into.

One thing stands though – you will never regret hiring a professional photographer to capture this special milestone.





FUN THEMED IDEAS FOR YOUR CAKE SMASH SESSION

This is a fun photo session, but in order for it to look awesome, I recommend choosing some sort of theme. The theme can merely be a colour scheme, or something more elaborate. The options are limitless. Here are a few popular ideas to get you started:

Rainbow Theme

This is a fun idea if you don't want to (or can't!) choose just one colour to use a theme for the session, just make it a rainbow! It's an easy colour scheme to work with because of the variety. Get rainbow balloons to use in the background to compliment a rainbow frosted cake. Your little one can also be dressed in a rainbow outfit, or just choose one or two of your favorite colours to

Jungle Theme

This is a wild one! Add stuffed animals or dinosaurs to make your jungle party look wild! Dress your little one in tiger stripes for that jungle vibe, or a cute dinosaur outfit to stomp around.

Circus Theme

Another fan favorite is the circus theme. This is popular because it gives you the opportunity to work with a lot of bright, bold colors on everything from the cake to the background décor. Not to mention my super cute circus master outfit you can use!

Princess Theme

Is your little one a princess? Then this is a great theme to work with for the cake smash photo session! There's just something about princess anything that's fun. Get your baby a little crown and some glam touches to use for the session.

All White

I love all white cake smash sessions. The photos are light-filled, elegant, and minimalist.

Whatever you choose, take the cake décor/colors, outfit and any props into consideration so everything works together seamlessly.

Check out my studio's backdrop options:

<https://www.studiozphotography.com.au/backdrop-options>

ALTERNATIVES TO CAKE

If you like the concept of a cake smash but would like to do something a little different, here are some alternative cake ideas you might like.

Watermelon Smash.

This refreshing and healthy cake smash alternative sets the scene for you to incorporate some lovely colours into the shoot that can be extended to your baby's outfit and your décor.

Donut Smash.

This fun alternative doesn't tend to be as messy and the wide variety of donuts that are available allow you to add a playful touch to baby's first birthday photoshoot.

Spaghetti Smash.

It's hard to find a little one that doesn't enjoy a bowl of delicious spaghetti, so why not use it to capture some great photos of them on their first birthday. Plus, at least you know they will definitely eat it if they already enjoy it.

Yogurt Paint Smash.

If you know that your little one is an artist in the making, buy a plastic paint palette and add dollops of different colour yogurts (or drops of food colouring mixed with plain yogurt) to it for your baby to enjoy and get messy with.

No Smash.

Don't feel pressured into choosing a smash activity. If you just want some fun themed photos of your baby, we can do just that without smashing anything.

YOUR PHOTOS

So, apart from having them on your phone, what are you going to do with your baby's photos?

Research show that displaying your children's photos in your home boosts their self-esteem and helps them develop confidence and positive self-image.

Here are some fun ways to display your child's Cake Smash photographs!

Framed Story Board

This is the most popular product for Cake Smashes in my studio. It tells a little story from start to finish and captures all the cuteness and mess of this fun session. What a great way to celebrate your baby's 1st birthday!

Big (and small) Albums

A big album for mum and dad to treasure, plus a mini copy for baby to love and flip through.

Metal Circles Set

These are sleek and glossy, the colours will pop off your wall with amazing clarity. You can even add to your collection year after year.





PREPARING FOR YOUR CAKE SMASH SESSION

To help you make this photo session an experience for you and your little one, here's a checklist to make sure you're all set to create captures and memories.

Book Your Session –

Book ahead as soon as you're ready, make sure you allow at least one month for photo processing if you need the photos for your baby's birthday.

Book a morning session, most babies are happier in the mornings. Allow roughly an hour for your session. Make sure the session time isn't during your baby's normal nap time.



Plan the Theme + Details -

Now is the fun part! Choose from one of my many fun backdrops and plan out the theme with me. Start getting together outfits, props & decorations. I highly recommend doing this well ahead of time so you're not rushing around the day before. This also means ordering your cake and making sure it's available for pick up on the day.

Busy Time-poor Parents -

Don't worry! You don't have to spend time shopping for props. Just use what I have in the studio. I can even help you order your cake to be ready for you to pick up on your way. As for outfits, babies are so gorgeous just wearing a plain white nappy anyway, not to mention easy to clean!

Clean Up Supplies -

Your little one will be having a blast, but you won't want to bring them home all messy. We always end our cake smash session with a bubble bath. Bring your own towel and baby-wash (or use my studio supply). Your baby will be lovely and clean before you head home.



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