



ANA KOSKA PHOTOGRAPHY

NEWBORN SESSION CHECKLIST FOR PARENTS

anabashaphotography com



Book session well in advance and talk with the photographer if you have any specific lifeas.



Bring a snack or lunch. The photo shoot can be long and tiring, and it can go up to 3



firing plenty of wipes and diapers.

If siblings are coming, bring some entertainment for them.

Bring at least one change of clothing for your baby, just in case any accidents happen.

Bring everything for changing and feeding the baby, including any special creams and products you use.

Bring extra change of clothes for yourself. Consider the change for siblings as well.

If the newborn has hair, bring a brush.

Bring any toys or props you would like to add into the photos.

If the baby is using the pacifier, bring that as well. It often helps soothe babies into the poses we want and makes for easier transitions and getting them to sleep. If your baby is not used to a pacifier or you do not feel comfortable offering one, do not worry, it is not a must.

If you can keep your baby up, minimum of 2 hours, and preferably 3-4 hours before coming, that helps for a sleepler session.

Before you leave to come make sure to feed your baby so the baby is nice and full. The car ride to the studio will help to get the baby in a deep sleep.

Newborn Guide New Parents

Siddappa N.Byrareddy



Unveiling the Magic of Words: A Review of "Newborn Guide New Parents"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Newborn Guide New Parents**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

https://crm.avenza.com/results/book-search/Documents/Recipe For Cinnamon Mouth Wash.pdf

Table of Contents Newborn Guide New Parents

- 1. Understanding the eBook Newborn Guide New Parents
 - The Rise of Digital Reading Newborn Guide New Parents
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Newborn Guide New Parents
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - $\circ \ \ Popular \ eBook \ Platforms$
 - Features to Look for in an Newborn Guide New Parents
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Newborn Guide New Parents
 - Personalized Recommendations
 - Newborn Guide New Parents User Reviews and Ratings
 - Newborn Guide New Parents and Bestseller Lists

- 5. Accessing Newborn Guide New Parents Free and Paid eBooks
 - Newborn Guide New Parents Public Domain eBooks
 - Newborn Guide New Parents eBook Subscription Services
 - Newborn Guide New Parents Budget-Friendly Options
- 6. Navigating Newborn Guide New Parents eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Newborn Guide New Parents Compatibility with Devices
 - Newborn Guide New Parents Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Newborn Guide New Parents
 - Highlighting and Note-Taking Newborn Guide New Parents
 - Interactive Elements Newborn Guide New Parents
- 8. Staying Engaged with Newborn Guide New Parents
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Newborn Guide New Parents
- 9. Balancing eBooks and Physical Books Newborn Guide New Parents
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Newborn Guide New Parents
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Newborn Guide New Parents
 - Setting Reading Goals Newborn Guide New Parents
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Newborn Guide New Parents
 - Fact-Checking eBook Content of Newborn Guide New Parents
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Newborn Guide New Parents Introduction

In todays digital age, the availability of Newborn Guide New Parents books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Newborn Guide New Parents books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Newborn Guide New Parents books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Newborn Guide New Parents versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Newborn Guide New Parents books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether youre a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Newborn Guide New Parents books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Newborn Guide New Parents books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to

borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Newborn Guide New Parents books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Newborn Guide New Parents books and manuals for download and embark on your journey of knowledge?

FAQs About Newborn Guide New Parents Books

What is a Newborn Guide New Parents PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. How do I create a Newborn Guide New Parents PDF? There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. How do I edit a Newborn Guide New Parents PDF? Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. How do I convert a Newborn Guide New Parents PDF to another file format? There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. How do I password-protect a Newborn Guide New Parents PDF? Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as:

LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Newborn Guide New Parents:

recipe for cinnamon mouth wash recipe for can salmon

rebuild manual for a toyota 5 speed transaxle

recettes en partage
recipe for chicken caldereta
recettes techniques en restauration collective
recipe for artichoke parmesan dip
recipe for black bean corn salsa

recipe for cranberry orange cookies

recette crecircpe recettes crecircpes saleacutees
recipe for creamy rice puding
recipe for canadian maple sugar candy
recipe coconut pound cake
recipe for apple pie bars

Newborn Guide New Parents:

recipe cross rib roast

nomad series by jean david morvan goodreads - Jul 13 2023 web book 1 nomad cycle 1 tome 01 nouvelle Édition mémoire vive by jean david morvan 3 48 23 ratings 2 reviews published

1999 9 editions arrouan est un nomad un

nomad taimanin wiki fandom - Mar 29 2022

web in taimanin asagi 2 nomad would try and later succeed to steal information about the inner demon transformation from ryuumon a rival criminal group that worked together with

web featured characters nomad jack monroe supporting characters bucky antagonists giscard epurer first appearance other characters kichiriwa gloria justin first

nomad nedir ne demek - Nov 24 2021

web nomad nedir ve nomad ne demek sorularına hızlı cevap veren sözlük sayfası nomad anlamı nomad türkçesi nomad nnd nomad tome 2 gai jin by jean david morvan and sylvain - Jan 07 2023

web nomad tome 2 gai jin was written by jean david morvan and sylvain savoia nomad tome 2 gai jin was published by glénat **nomad tome 02 gai jin 9782723418966 abebooks** - Jun 12 2023

web abebooks com nomad tome 02 gai jin 9782723418966 and a great selection of similar new used and collectible books available now at great prices

nomad tome 2 gai jin pdf uniport edu - Jul 01 2022

web nomad tome 2 gai jin 1 12 downloaded from uniport edu ng on april 8 2023 by guest nomad tome 2 gai jin as recognized adventure as competently as experience

nomad tome 2 gai jin by jean david morvan sylvain savoia - Oct 04 2022

web jun 16 2023 this nomad tome 2 gai jin by jean david morvan sylvain savoia as one of the most operational sellers here will completely be accompanied by the best

nomad 2 value gocollect nomad 2 - Dec 26 2021

web jun 10 1992 sep 2 2023 remember when god of thunder 2 and 6 were the belles of the collecting ball after two years and one bad movie those once mighty fair market

nomad tome 2 gai jin by jean david morvan sylvain savoia - Mar 09 2023

web if you collaborator tradition such a referred nomad tome 2 gai jin by jean david morvan sylvain savoia books that will find the money for you worth get the categorically best

nomad tome 2 gai jin pdf uniport edu - Sep 03 2022

web apr 16 2023 nomad tome 2 gai jin is available in our book collection an online access to it is set as public so you can

download it instantly our books collection spans in multiple

nomad tome 2 gai jin pdf uniport edu - May 31 2022

web jun 29 2023 knowledge that people have look numerous times for their favorite books gone this nomad tome 2 gai jin but end taking place in harmful downloads rather than

nomad tome 2 gai jin indigo - Feb 08 2023

web buy the book nomad tome 2 gai jin by jean david morvan at indigo skip to main content skip to footer content your digital happy place just got happier welcome to our new site

nomad tome 02 gai jin nomad cycle 1 t 2 pdf full pdf - Apr 29 2022

web nomad tome 02 gai jin nomad cycle 1 t 2 pdf pages 3 25 nomad tome 02 gai jin nomad cycle 1 t 2 pdf upload donald s paterson 3 25 downloaded from devy ortax org

nomad tome 02 gai jin nomad cycle 1 t 2 french edition - Dec 06 2022

web nomad tome 02 gai jin nomad cycle 1 t 2 french edition ebook morvan jean david buchet philippe savoia sylvain amazon co uk kindle store

nomad tome 2 gai jin hors collection kağıt kapak - Aug 14 2023

web nomad tome 2 gai jin hors collection morvan jean david amazon com tr kitap

nomad tome 2 gai jin pdf download only red ortax - Nov 05 2022

web nomad nomad jonan pilet 2021 03 jonan pilet s culturally rich debut short story collection is set in mongolia and draws readers into various interlinked narratives of familial tension

nomad tome 02 gai jin nomad cycle 1 t 2 stephen j sansweet - Apr 10 2023

web nomad tome 02 gai jin nomad cycle 1 t 2 as recognized adventure as capably as experience nearly lesson amusement as skillfully as concurrence can be gotten by just

nomad tome 02 gai jin nomad cycle 1 t 2 french edition - Oct 24 2021

web sep 25 2013 buy nomad tome 02 gai jin nomad cycle 1 t 2 french edition read kindle store reviews amazon com nomad tome 2 gai jin pdf uniport edu - Aug 02 2022

web may 6 2023 nomad tome 2 gai jin 1 10 downloaded from uniport edu ng on may 6 2023 by guest nomad tome 2 gai jin recognizing the pretentiousness ways to acquire this

nomad tome 02 gai jin paperback august 17 1995 - May 11 2023

web aug 17 1995 amazon com nomad tome 02 gai jin 9782723418966 buchet philippe savoia sylvain morvan jean david books

anga c nieux et le cina c ma de la lumia re a l i copy mail - Jul 13 2023

web historiques nous pensons ici au rôle de l esclavage et de la colonisation ce livre est un voyage dans le temps la première partie est consacrée à l univers psychologique et culturel de l enfant en afrique la deuxième s intéresse à l enfant africain dans un contexte de migration principalement en france les chroniques de player

anga c nieux et le cina c ma de la lumia re a l i - Mar 29 2022

web 2 anga c nieux et le cina c ma de la lumia re a l i 2019 12 06 verlag un jour d hiver bien gris un de ces jours où la seule chose à faire c est un bon curry la police débarque chez totonô alors que celui ci en est à émincer les oignons un crime a eu lieu dans le guartier et les inspecteurs ne trouvent rien de mieux à faire que de

anga c nieux et le cina c ma de la lumia re a l i 2023 - Sep 15 2023

web anga c nieux et le cina c ma de la lumia re a l i is available in our book collection an online access to it is set as public so you can download it instantly our book servers hosts in multiple locations allowing you to get the most less latency time to download any of our books like this one merely said the anga c nieux et le cina c ma de

anga c nieux et le cina c ma de la lumia re a l i pdf - May 31 2022

web jun 19 2023 we have the funds for below as with ease as review anga c nieux et le cina c ma de la lumia re a l i pdf what you considering to read anga c nieux et le cina c ma de la lumia re a l i pdf web jun 2 2023 anga c nieux et le cina c ma de la lumia re a l i pdf recognizing the quirk ways to get this books anga c nieux et le cina c ma de la lumia re a l i book - Oct 16 2023

web anga c nieux et le cina c ma de la lumia re a l i title anga c nieux et le cina c ma de la lumia re a l i book ead3 archivists org subject anga c nieux et le cina c ma de la lumia re a l i book created date $11\ 1\ 2023\ 4\ 59\ 32\ pm$

anga c nieux et le cina c ma de la lumia re a l i pdf full pdf - Feb 25 2022

web anga c nieux et le cina c ma de la lumia re a l i pdf if you ally compulsion such a referred anga c nieux et le cina c ma de la lumia re a l i pdf books that will allow you worth get the answer copy hi le mieux china is not a who le mieux china is a line of vintage 24k gold scroll design china created in france in the mid 20th

 $\underline{anga\ c\ nieux\ et\ le\ cina\ c\ ma\ de\ la\ lumia\ re\ a\ l\ i\ pdf\ copy}\ -\ Apr\ 29\ 2022$

web anga c nieux et le cina c ma de la lumia re a l i pdf is available in our book collection an online access to it is set as public so you can get it instantly our book servers spans in multiple countries allowing you to get the most less latency time to download

singapore latest news coverage cna - Aug 02 2022

web sep 11 2023 israel hamas war billion dollar money laundering case china malaysia cna explains snap insight ukraine invasion wellness daily cuts all smiles with gplus dental 10 10 2023 32 mins

anga c nieux et le cina c ma de la lumia re a l i pdf pdf - Oct 04 2022

web may 28 2023 anga c nieux et le cina c ma de la lumia re a l i pdf recognizing the pretentiousness ways to get this book anga c nieux et le cina c ma de la lumia re a l i pdf is additionally useful you have remained in right site to start getting this info acquire the anga c nieux et le cina c ma de la lumia re a l i pdf associate that we

anga c nieux et le cina c ma de la lumia re a l i pdf pdf - Aug 14 2023

web il laisse en effet une oeuvre considérable sur les rites et cultes mortuaires les attitudes face au cadavre les conduites de deuil les rapports avec la mort et les morts les imaginaires thanatiques les mythes et les fantasmes eschatologiques anga c nieux et le cina c ma de la lumia re a l i pdf pdf - Sep 03 2022

web anga c nieux et le cina c ma de la lumia re a l i pdf lumia re a l i pdf below who is le mieux china answers web nov 29 2010 study now see answer 1 best answer copy hi le mieux china is not a who le mieux china is a line of vintage 24k gold scroll design 2

anga c nieux et le cina c ma de la lumia re a l i pdf 2023 - Nov 05 2022

web jun 9 2023 anga c nieux et le cina c ma de la lumia re a l i pdf when somebody should go to the book stores search establishment by shop shelf by shelf it is in fact problematic this is why we mieux china is not a who le mieux china is a line of vintage 24k gold scroll design

anga c nieux et le cina c ma de la lumia re a l i pdf - Apr 10 2023

web anga c nieux et le cina c ma de la lumia re a l i cma cgm opts for lng fuelling on its latest ultra large container sep 23 2022 cinema est connu pour ses risques spectaculaires et ses resultats china 2023 best places to visit tripadvisor jun 08 2021 anga c nieux et le cina c ma de la lumia re a l i pdf - Jun 12 2023

web oct 21 2023 anga c nieux et le cina c ma de la lumia re a l i 1 4 downloaded from uniport edu ng on october 30 2023 by guest anga c nieux et le cina c ma de la lumia re a l i as recognized adventure as skillfully as experience virtually lesson amusement as without difficulty as

anga c nieux et le cina c ma de la lumia re a l i pdf book - Dec 06 2022

web anga c nieux et le cina c ma de la lumia re a l i pdf thank you utterly much for downloading anga c nieux et le cina c ma de la lumia re a l i pdf maybe you have knowledge that people have look numerous time for their favorite books in the same way as this anga c nieux et le cina c ma de la lumia re a l i pdf but stop up in harmful

anga c nieux et le cina c ma de la lumia re a l i pdf pdf - Jan 07 2023

web jun 21 2023 anga c nieux et le cina c ma de la lumia re a l i pdf if you ally compulsion such a referred anga c nieux et le cina c ma de la lumia re a l i pdf book that will offer you worth acquire the totally best seller from us currently from several preferred authors

les mae chinois et sri lankais se rencontrent en marge de la session de - Feb 08 2023

web sep 25 2022 les mae chinois et sri lankais se rencontrent en marge de la session de l agnu partager dernieres infos plan du site dÉcouvrir plus notre politique de confidentialité révisée et nos conditions d utilisation

le mae chinois rencontre son homologue britannique en marge de l - Mar 09 2023

web sep 22 2022 tÉlÉcharger notre app copyright 2020 cgtn beijing icp prepared no 16065310 3

latest singapore news and headlines cna - Jul 01 2022

web latest singapore news breaking news top stories on courts crime housing property health transport education as well as videos and features on cna

anga c nieux et le cina c ma de la lumia re a l i pdf - May 11 2023

web oct 12 2023 anga c nieux et le cina c ma de la lumia re a l i 3 6 downloaded from uniport edu ng on october 12 2023 by guest voyage de la corvette l astrolabe executé par ordre du roi pendant les années 1826 1827 1828 1829 jules sébastien césar dumont d urville 1831 la revue de paris 1842

credit reference form smartsheet - Feb 24 2023

web sep 1 2020 trade references are also called credit references especially by business credit bureaus such as d b and experian trade references allow credit bureaus to

how credit reference letters work what is a trade reference - Nov 23 2022

web use this sample letter when conducting a background check on a business credit application the above mentioned company has filed a credit application with company

bank credit reference form at your business - Jun 18 2022

web a credit reference request form is an official document that you complete and sends to a financial institution of a company you once worked with asking them for a reference that

business credit reference form word pdf google docs - Oct 03 2023

web a business credit reference form is essentially a document that a company uses when it wants to obtain information about the credit history of another business it s considering

credit reference request form docformats com - Jan 14 2022

trade references 5 astounding things you should know about - Aug 21 2022

web generally a credit reference letter must include information on the reference such as the name relationship and any details pertaining to past credit history one example of the

credit reference form fill out sign online dochub - Mar 16 2022

web oct 31 2023 the update history page will provide you with the build numbers for 22h2 and 23h2 this will make it easier

for support to assist you if you encounter issues this new

credit reference meaning types examples when to - Dec 25 2022

web credit reference letter format samples a credit reference letter highlights your past credit relationship with financial institutions and businesses the letter shows your

credit reference letter 9 free word pdf documents download - Oct 23 2022

web feb 18 2022 a credit reference letter is a document that describes your payment history with a business you ve worked with previously recipients use the letter to learn more

credit reference form small business free forms - Apr 28 2023

web see how credit reference letters help with approval for suppliers lenders utility companies and more see how bank reference letters help with approval for suppliers lenders

business credit reference sheet media graphix inc - Dec 13 2021

windows 11 version 23h2 update history microsoft support - Oct 11 2021

credit reference request form templateroller - Jan 26 2023

web oct 18 2022 1 what are trade credit references anyway here is a standard trade reference meaning trade references on an application are used to help lenders and

free reference list templates smartsheet - Jun 30 2023

web any misrepresentation or fraudulent information provided will be the basis for default under this agreement by signing this form i expressly authorize your company name to

what is a credit reference nerdwallet - Feb 12 2022

understanding how trade references work resolve - Sep 21 2022

web file format pdf size 269 0 kb download trade reference form template is primarily a trade reference verification authorization form it is divided into two sections the first

fact sheet credit reference agencies business debtline - Nov 11 2021

credit trade references form smartdraw - Mar 28 2023

web downloadable and printable credit reference letters by definition a credit reference is considered as information which can be the name of an individual or that of an

free reference check forms smartsheet - May 30 2023

web credit reference form the signature below represents and warrants that a the party signing below is an authorized representative of the company and b that the

free 5 sample trade reference templates in pdf - Apr 16 2022

web this fact sheet covers england wales we also have a version for scotland if you need it use this fact sheet to understand credit scoring deal with being turned down for credit

trade references learn everything you need to know - Aug 01 2023

web aug 5 2023 a credit reference form is a document that affirms the creditworthiness of a prospective borrower or rental applicant most commonly used in business to business

how credit reference letters work the balance - May 18 2022

web business credit reference sheet media graphix inc media graphix 6180 l atlantic blvd norcross ga 30071 phone 770 447 0702 fax 770 447 0420 credit

credit reference letter format sample letters word pdf - Jul 20 2022

web sep 19 2023 a credit reference is a document person or company that can provide information about whether you typically have paid your bills on time you re most likely to

business credit reference sheet media graphix - Sep 02 2023

web business credit reference sheet list a minimum of three company name contact name