



10 tips STRESS FREE FAMILY PHOTOS

PICK YOUR OUTFITS

Pull colors from the outfit with the most patterns or color. Then pick others to coordinate from head to toe (look at shoes!!) Have all clothing and accessories for the session chosen at least 1-2 days before. Click [here](#) for more tips on what to wear!

COME RESTED & RELAXED

Get good sleep & prioritize nap time on the day of your session. Plan session time for when your kids are normally well-rested and content. Happy Children + Calm Parents = AMAZING photos!

PLAN AHEAD!

Make the day as stress-free as possible by allowing lots of extra time to get ready. Leave home earlier than you think you need to, and try to arrive 5-10 minutes early to your shoot to allow kids to settle. The more relaxed you are the more relaxed the family will be!

FOOD AND SNACKS

Make sure everyone has eaten before the session. (Yes, parents included!) Feel free to pack snacks and drinks for young kids if you think they might need a break during the session.

EXTRA HANDS

You may want to bring someone to the session to assist with your little ones. They can help us get real smiles, wrangle kiddos, and be an extra pair of hands as needed. Be sure to choose someone who is helpful and really easy going!

BRING PROPS

While props are not the main focus of photos, it can be helpful if young children have favorite items to play with during the session. Feel free to bring a coordinating blanket & any favorites your kiddos might want. Consider doing an activity together for part of the session - play a game, drink Starbucks, eat ice cream, read books, etc.

LEAVE THE CHEESE AT HOME

No need to force kids to look at the camera and say cheese. I will capture a few of those moments, but as a lifestyle photographer, that's not the main goal! Prepare your kids by telling them how much fun the photos will be, without any pressure or bribery. There are other strategies I will use to guide them and bring about authentic expressions!

CHILL OUT! ALL KIDS ARE CRAZY

All kids are crazy. LOL! Do not fret if your kiddo goes bananas during the session or melts down. It's normal. So breathe! Give them space to chill and I will handle it playfully to keep the mood light. If we get to a point where I need you to step in, I'll let you know!

RELY ON ME

As your photographer, I promise to come with tricks up my sleeve for helping redirect kids and settle them for the most part. Trust me! I'm a trained elementary and special needs teacher.

HAVE FUN!

Laugh. Play. Kiss. Tickle. Tell jokes. Throw a kid in the air. Give a piggy back ride. Snuggle. If you are uncomfortable in front of the camera, do not fear. Focus on the kids & interacting with them! Think of things that make your family laugh and bring joy. Key words and topics can bring out the best facial expressions!