

# Life's Images Photography

## THE SESSION

As you can see from the sample images, I take a casual approach to portraits. Clothing should be basic and simple as not to detract from the subject – clothes should not be the first thing you notice in an image.

### **GENERAL HINTS for all sessions:**

If outdoors, bring items you would bring to a park – sweaters, coats, blankets, **mosquito spray**, sunscreen, water, change of clothes.

Bring snacks or formula if that will be necessary – a hungry child (or mom) is not the best portrait subject. These should be fed during a break, NOT during picture taking. Having said that, unless you have a baby, it really is best to let them snack before the session even starts, otherwise it is difficult to remove the snacks during the session. Also please be mindful that snacks are not messy – backdrops and carpets are difficult to wash!

Do not bring or show toys, food, keys, etc that you do NOT want in your child's photograph during the session. This nearly guarantees a crying baby or a photo with an iPhone in it!

Photoshop cannot fix everything and it is preferable not to rely on that – if you don't like a watch or necklace, then don't wear it – wipe faces clean before we start the session – and if there are particular items you think need retouching, please ask, don't assume it can be done later.

**\*\*I am touchy feely as I seem to communicate poses best by showing than telling – so if your child is not comfortable with that LET ME KNOW. Also if there are other special considerations for your child, please tell me beforehand so that I can be prepared\*\***

### **Newborn session:**

The first thing you need to know is that these sessions are LONG. Honestly. That is OK – I budget time for that and so should you. The most important thing is not to let it stress you out because in reality that just makes it take longer. For a baby to pose nice and cute and cuddly, they need to be comfortable. That means feeding/soothing them and it takes time. Sometimes we will feed even if it is not officially time for them to eat, just enough to calm them down. It won't harm their development and it will make it much easier on them (and us). In fact it rarely works to feed them before you leave hoping they will be ready to go when you arrive – they need that comfort to settle in and get used to having clothes off ☺

I'll have it warm in the studio (and if we are at your home, you should keep it very warm as well) for the comfort of a naked baby – it's not comfortable for us. I'll also have a fan directed somewhere (for us to cool down a bit and) for a little white noise ☺

Bring change of clothes for baby and for parents! Nature takes its course almost every time... there will be pee, spit up and worse I promise, and it is OK if you don't stress about it ☺ I have waterproof padding around if you'll sort of stick to the padded areas, we'll be good!

I generally don't use lots of props, but if there is a special stuffed animal or blanket bring it with you. If you see a prop in my gallery, please ask about it because sometimes they have been brought by parents, they are not here at the studio.

Clothing: Clothing should be simple, basic in color. Most sessions tend to be bare or in diaper. Any clothing should snap between the legs so that it doesn't bunch around baby's neck and face. I would suggest only bringing 1 or 2 changes of clothes as babies generally don't tolerate more than that.

Parents remember to dress appropriately even if you do not PLAN to be in the images. We may need you and don't want to miss an image because you weren't ready (besides I can't tell you how many parents regretted not being in at least one image with baby). Follow basic clothing guidelines; only a few of the poses require a dark long sleeved top which I have available (for women), so wear whatever you are comfortable in. Long sleeves OR tank tops help when getting only part of parent and all of baby. And your HANDS will be in pictures so trim and keep them natural looking.

If you plan on having "natural" newborn pictures, please put diapers and clothing on loosely so as to leave the least amount of markings on the skin.

**Maternity session:**

I have a light colored tank top, a dark long sleeve shirt and lots of fabric which we wrap around the body to show off the belly. Bring anything else you might want to wear. Jeans and/or dark colored pants are great. Usually I suggest against patterned clothes but if there is a particular maternity outfit that fits your style and makes you feel beautiful – bring it! Basic guideline is simple and casual.

**Undergarments leave marks** (especially on the belly) so wear low riding ones, or roll them down for at least an hour before the session. It is ideal to show up in a loose fitting dress without undergarments but not everyone is comfortable with that ☺

If you prefer not to have bare belly images – you need to bring 3 or 4 shirts – at least some of them form fitting.

If your partner is participating in some images, be sure to bring similar clothing – light and dark shirt, no patterns.

If you wish, wear or bring your wedding ring(s) – adds a special touch to some images.

Some poses during the session may require you to adjust or remove undergarments and be covered instead by fabrics – you will be provided a place to change if need be but you will quickly learn that I need to help you with fabric – we are going to become fast friends! Don't worry – even my most shy clients say it isn't nearly as awkward as they fear!

Make sure you are comfortable with the people you bring as you may be standing around dressed in fabric and undergarments in front of them!

Props: if there is a special blanket or baby book bring it along. I don't use a lot of props but will try to incorporate simple props if they might make the images a bit more special and unique.

\*\*I am touchy feely as I seem to communicate poses best by showing than telling and I have to fine-tune fabrics – you've been warned ☺ \*\*

**Child and Family sessions:**

I would suggest something simple and solid for everyone. If more than one will be in a picture, try for coordinating colors. Light or dark tones is your choice, but try for the same tone and simple style for everyone. Try to avoid prints unless they are very subtle and go well together.

Tshirts look great, long sleeve casual shirts work too. Babies can go shirtless. Ladies – long sleeve shirts are great for slimming arms – and watch out for button up shirts if they tend to gape. Turtle necks are tricky – I would avoid dark colored ones for sure, but a nice lighter one or textured one would work great

Blacks, browns, creams are a good start – but feel free to stick with your fav family colors.

Jeans or pants work for bottoms (**I highly** recommend not wearing shorts), and I will usually suggest bare feet! If outdoors and shoes are needed, try to use the same style of shoes. One in high heels and another in tennis shoes or flip flops does not lend well to setting up a "theme", if you will.

If you are able to, keep your nails natural or light colored and a hairdo that is natural to you.

**Also please note that there will be a lot of sitting involved so please be mindful to wear comfortable clothing.**