



# William Paige

## Family Photo Session Tips

It's no secret that Family Photo Sessions can be stressful!! From selecting your wardrobe to getting everyone out the door to arrive on time. I get it, we also have Family photos taken every year. Here are some helpful tips that will help make your session comfortable and effortless for everyone.

### **Make it a surprise**

Don't tell the kids you're going to have pictures taken! This is most applicable to children 4 and under because older kids typically understand they need to cooperate with the session. The younger kids tend to act out when they are expected to 'perform'. It's best not to tell them and simply act like you are going out to play with wearing nice clothes.

### **Maintain your schedule**

We all know that we should arrive a little early to allow time but this recommendation is more for maintaining your little one's natural rhythms. It's important to schedule your session around naps and meal times so your kids are well rested, not hungry and happy for the portraits.

### **Keep it au naturale**

Please leave cheese at home, cheese is for crackers. My style is natural and candid photos instead of forced smiles and over posing. That does not mean we will all stand there and wait for some magic to happen. We will interact and have fun running and playing. You can always tell when a smile is forced so the key is you focus on having fun.

### **Bribe them**

All parents know the power of positive reinforcement or rewards. Desert after dinner or allowance for chores, rewards are a great tool for influencing behavior of our children and the same goes for your photo session. For example, cooperate at the session and we will go for ice cream after. However, please do not bring snacks or toys to the photos session that you do not want in the photos

### **Bring a game**

The most successful family sessions have a portion for play. Bring a game or activity that your family likes to do. This will give you family something that they can engage in for some photos and bring authentic smiles or offer a distraction for those that may not be participating in a particular shot. Examples include a favorite board game or card game, a ball from your favorite sport, anything that your family likes to do together. The ideas are endless, and when families are engaged in doing something that they love together, we can capture some beautiful and authentic images.

### **Dress babies at location**

If your child is 1 or younger, I recommended dressing them at the session location. We all know things can happen: blowouts, food stains, etc. Like most Moms know, it's always good to have a spare along as well.

### **Loosen up**

Whatever your family needs to help loosen up before the session, whether it's singing loud karaoke in the car or you're a glass of your favorite wine or whiskey before the session (unless you are driving)! Anything to help loosen up a family who would rather be anywhere else.

### **HAVE FUN!**

Family portraits are best when everyone is natural and having fun, playing freely, laughing and doing all the things they love to do at home. Kids love spinning, flying through the air, and dancing so come ready to play and love on your family. True emotion makes for the greatest lasting memories.