



FAMILY SESSION  
*guide*

FOR YOUR PEOPLE



# FAMILY

## *Start on time!*

As much as I wish I could control the sun, alas I cannot! Your shoot is scheduled at a time that makes the most of the natural light we have! Please allow yourself time for travel and/or traffic so we can make the most of the time we have! Even if you arrive late, I can't shoot after the light is gone so even if I wanted to, I can't stay later! Being there on time ensures that we will get the most out of the light we have so your pictures can reach their fullest potential!

## *Come prepared!*

Planning out the little details like the perfect shoes and the right colored socks helps ease some stress! Sometimes it's nice to set out your outfits the night before so you have all your accessories ready to go! You also may want to consider spraying down with some bug spray before you come if your session is in the summer! And if it's in the winter, consider bringing boots, hand warmers, blankets etc. anything you can think of to keep you cozy!

## *It's okay to feel nervous!*

I totally get being nervous, I've been on the other side of the lens too! Just know that I don't expect you to be models or experienced by any means!

That's part of my job! To make you feel calm, relaxed, natural and most importantly just to be yourselves! The most important thing is to feel comfortable, because if you feel comfortable, you look comfortable in your photos! In a way, pretend like I'm not there! I will give you direction don't worry, but after I give direction, just let the feelings flow! Don't feel like you need to practice posing or obsess over endless perfect Pinterest pins. By the end of my sessions, I almost always have people tell me that they felt very relaxed and comfortable during their sessions so just do me a favor, take a deep breath and let those nerves go!



## *Preparing the littles!*

I personally am studying to be an elementary school teacher, so I LOVE the little angels! Although, kids notoriously are not fans of family photos! As interesting and exciting as I try to be, it can be hard to capture their attention for a long time and I totally get that! You may want to keep snacks or treats in the car or have something that they can look forward to after pictures! Whether that's a lollipop in the car or being able to have their favorite dinner later, it helps them know the end is in sight!! For the younger ones that may not understand our attempts of bribery with sweets, it's helpful to have a couple of their favorite toys whether they make sound or catch their attention, I can hold it by the camera to get them to look and smile! And of course, try to bring them well rested and with a full tummy! (: If your kiddos are not so little don't worry about this section!

## *Pinterest!*

Okay so there's a difference between obsessing and getting an idea for a look you want!! If you want to make a Pinterest board of 10-15 shots/poses you want feel free! You can send me the link or add me to the board! My Pinterest account is @laurenrosephoto (: I have put together a couple boards for props and outfits if you need some inspo! If you want me to help style your session, I would more than love to do that! Just let me know!

<https://www.pinterest.com/laurenrosephoto/family-photo-style-guide/>

## *Props, puppies, pizza? sure!*

YES! If you want to make your session more personal to you and your story, feel free to bring along any props that are meaningful to you! Whether that's a box of pizza from your favorite pizzeria, something that was part of your proposal or your bestie furry friend, BRING IT ON! Whatever you want in your photos, let me know! I'll do my best to make it happen! Also blankets are super helpful especially for a cozy look or to sit on for a few shots! Totally up to you though! If you need some options for blankets let me know, I have a few we can use if you don't want to bring your own (:

