



THE  
family  
session

# hey there

So you've just booked your family session with me and you're excited (as am I). But you're probably thinking to yourself, "What's next?" This guide will walk you through the steps you'll need to do to get your family ready for your photoshoot with me. The purpose of this session is to capture your family as it is. We want to make sure that everyone is represented, whether you have one little baby or five teenagers! Expect to have a great time with many laughter, hugs, kisses, and snuggles!

So let's get to it!









*making memories that last*



*a lifetime*



## what to wear

You might be tempted to run out and buy an entirely new outfit (believe me, I'm always looking for an excuse to shop!) However, you should think about wearing some of your favorite pieces that you currently own! It will make a huge difference in how you act in front of the camera if you are comfortable in your outfit. Wearing something you already know you like will give you that confidence boost you've been looking for! This is especially true for children. Make sure they're dressed in the outfits you want them to wear in the shots as new clothes can be uncomfortable at times.

So then, what to wear?

We've established that you must feel fantastic in whatever you're wearing, but if the outfit doesn't spring to mind right away, here are a few pointers to get you started!





- Consider the location. Make sure you're dressed in a way that allows you to move easily. If you usually wear heels, remember to pack a pair of rubber shoes or slip-ons in case we need to embark on an adventure to get to our destination!
- This is not the time to experiment with a new look. Put on something you'd ordinarily put on. If dresses aren't your style and you rarely wear them, don't feel obligated to do so. There are other options for looking nice without leaving your comfort zone. In these photos, you want to look like yourself. Remember that feeling at ease and confident is crucial!
- Pick a color palette. I love neutrals and muted earth tones like olive green, tan, blush, cream, muted or deep blues, etc. Avoid reds and bright colors. Red and hot pink tend to pull out red tones in the subjects. Bright colors can also cause color casting reflections onto each other.
- Avoid wearing clothing that is too tight on you since it will draw attention to areas you don't want it to and may prevent you from frolicking comfortably!
- Add texture and layers! I love cardigans, bows in hair, knee high socks, boots, hats, etc.
- I love a good pattern! Try to stay away from small close stripes and busy patterns as it can cause moire in your photos. I would avoid having multiples of the same pattern like having 3 people in stripes. But mixing patterns is fine as long as they all coordinate.
- Wearing the same clothes may be super tempting because it's cute, but it's not a good idea. It won't help the kids stand out. Instead of wearing the same thing, try to coordinate. Mix and match the base neutrals that you've chosen. It's also a good idea to dress as if you're all going to the same place.
- When it comes to dress coordination in a family, I find it easiest to start with one outfit. Use that outfit as a starting point for other outfits. Use the same base neutrals in each ensemble and experiment with different ways to add your pops of color. Keep in mind the location that you have chosen. You don't want to clash with the trees or even your own house decor.





## outfits for kids

Keep these things in mind when choosing outfits for children:

- Clothing with a character theme should be avoided. Keep brands, photos, and graphics away from their favorite shows, such as Paw Patrol or the Teenage Mutant Ninja Turtles. Even if it's their favorite shirt, it'll be a major distraction in the session.
- Make sure they're wearing the same socks!
- Diapers covers/bloomers are so helpful for little kids to wear.
- It is essential that they can move freely in their clothes.

If you're still lost, look on Pinterest for ideas, and if you want my input, send me images of your outfit(s). I'm always a message away!



Stores I love and recommend:

Zara	Target
H&M	Gap
Rylee+Cru	Alice & Ames
Quincy Mae	Noralee



Need a better visual? I've pulled together a style board for inspiration!





# outfits for parents

Keep these things in mind when choosing outfits for mom....

- You will be holding, bending over and playing with your kids. Try to pick something that will allow you to toss a child in the air, pick them up, or squat down to their level.
- Find something you love! Never settle on your outfit. You want to feel beautiful, confident, and comfortable. Make sure it's hugging you in the right spots!

Stores I love and recommend:

Zara	Rylee + Cru
HM	Ivy City Co.
Madewell	Anthropologie
BYLT	Shop Red Dress
Old Navy	Free People
Cotton on	Baltic Born
Nordstrom	Shop Stevie Hender
Faherty	Target



Keep these things in mind when choosing outfits for dad....

- Again, you will be holding, bending over and playing with your kids. Try to pick something that is long enough to cover your midsection when lifting your kiddos.
- Dad doesn't have to always wear a button up with a collar. Do a nice henley!
- Make sure you feel like yourself.
- Layers are great for men! Consider layering a button up over a solid shirt.
- Consider color pants like black, green or tan instead of jeans!



My posing style is candid and full of emotive connection. I will give you guidance but allow you the space and comfort to be yourselves. I want you to embrace all the playfulness and exploration that your children will naturally bring to the session. My goal is to get a great mixture of posed and playful pictures with a casual, comfortable feel.

While I do strive to get the traditional smiley photos I also make every effort to ensure we achieve less "posed" pictures, as well. I'll point you in the right direction and tell you what to do, and then it'll be up to you to make it your own.

The best tip I can give you is to NEVER STOP MOVING. The more movement you do, the more photos you will get. You'll get one shot from a pose if I give you a direction and you stand still. But if you follow my advice and move around, you'll get a lot more variety. This type of photography is ideal for children because they are often unaware that they are being photographed! Feel free to deviate from any of my instructions; kisses, hugs, and tickles are all welcome at any moment!

We're going to have a lot of fun. I'll be making a fool of myself in the hopes of making your kids laugh, and I fully anticipate them being silly as well. I want to encourage as much individuality as possible, and I recommend that you do the same.

Be true to yourself! Remember, these are photos of you, so don't strive to look like that family photo you saw on Pinterest. We'll try a few different shots, and it's fine if not all of them work out. The ones that do come out will be the most authentic and beautiful representations of you and your family!

# posing







## posing quick tips

- Look happy and relaxed even in the if you think I'm not taking the "important" picture
- Feel free to be silly and make a fool of yourself. I'll be doing it too!
- Let the kids be themselves. No need to force smiles.
- Be affectionate with the people around you.
- Parents being cuddly and sweet with one another is important, too.
- Pretend I'm taking a movie instead of a picture and stay engaged and happy throughout the session.
- Let me know if you have a side preference.
- If you have fun your kids will, too! They'll pick up on your mood so try to stay playful and upbeat.





more than photos,  
this is your story.

let's tell it to the  
world together!











## other tips

- Before the session, talk to your kids about it. It's better not to catch them off guard. If they know what's coming, they can prepare themselves (even toddlers require some forewarning!). You can show them my photo and tell them that a silly buddy will be taking their pictures, but don't worry, they won't have to sit and smile for an hour!
- Arrive on time and prepared to begin your session. Because your session is timed according to the light, please factor in traffic and other things. If you need time to get your children ready or settled, arrive early to the session.
- Make sure everything is ready the night before so you aren't scrambling while trying to get out the door; you don't want to be stressed out before your session!
- Make sure the children are well fed, hydrated and rested before the shoot.
- Remove bulky things from pockets like keys, wallets, and phones. The outlines of these objects can be distracting! Also, remove hair ties on wrists or smart watches if you don't want the screens potentially showing.
- Consider hiring a hair and make up artist to take away that stress. Angela Reno is someone I recommend  
[A.RENOMAKEUP@gmail.com](mailto:A.RENOMAKEUP@gmail.com)



get in  
touch

Please do not hesitate to contact me (email is best) if there is anything else I can do to assist you beyond this guide! I look forward to our fun family photo session!

Talk soon. Alicia

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let's start this  
adventure!

