

4 TIPS ON HOW TO HAVE HAPPY KIDS DURING YOUR PHOTOGRAPHY SESSION!



#1 Consider timing

Choose a time for your session that won't run into bedtime or naptime if your children get emotional when they're tired. While just before sunset is best for outdoor sessions, if it's a choice between happy, playful, engaged children, or soft golden light - choose the happy kids. Every. Single. Time. Gorgeous light won't result in images full of personality.

#2 Don't set expectations

Don't make your kids practice looking at the camera or ask them if they're ready to "smile for the camera". When children see a camera and assume they need to stare into it and smile, the result is cheesy, unnatural grins at best, but most often scowls. Instead, just do your best to manage emotions and make the experience exciting!



#3 Get excited about your session

Get excited! Spend some time thinking about where you'll hang or display your favourite images. And, here's the key, talk to your kids about it! Get them excited! Talk about how they get to spend time playing with mommy and daddy. Tell them where you want a big picture of their adorable face hung in your home. Talk about what you'll reward them with after your session!

#4 Bribe 'em

This doesn't have to mean sugar. I recommend any reward you are comfortable with and can give your child after the session is done. It doesn't have to be food-based either. Reward them with screen-time, their favourite meal, some one-on-one time, a special date, a new toy. Really, whatever will work for your child and whatever you are comfortable with.