

Tamara Gillon
PHOTOGRAPHY



STYLE & PREPARATION GUIDE

FOR YOUR FAMILY SESSION

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W E L C O M E



This is me, Tamara

It's important for a photographer to be professional, creative and have an eye for detail. That's why I customize my photo sessions, each one unique and fun for you. I'll put you at ease. You will forget about the camera, enabling me to photograph the truth of your spirit. I will create portraits that capture what matters most.

And the end result? Exquisite, classic images that reflect the pure magic of my art. Light and airy portraits seizing the ephemeral nature of the ambient light.

"This is what I live for – to capture the beauty and emotions you possess ... and the grace you show off to the camera."

I'm in love with love and laughter, romantic when it counts and an expert at capturing love, beauty and joy – especially, yours!

*with love,
Tamara*

P R E P A R A T I O N



A mothers dream

What we are going to create together is beloved memories of your family, for your family. And I know that you as mama have a lot of things going on in your head. And to be frank, most of the time, the family's happiness relies on you and that is a big honorable task that every mother is given. However, it easily makes all mamas a bit stressed.

This is nothing that will change during our photo session. You want to be in control. You want the children to be happy, you want the children to not have stains on their clothes, you want the children not to eat soil and you want your husband to be patient and happy.

There are a lot of expectations before your photo session and I know that most of all, you want your kids smiling. But the most important is that you as a mama are relaxed.

Easier said and done. But I assure you that it's ok if your toddler crawls away to examine a flower, or if your middle child definitely does not want to look at his sister. These things will happen. Our session together will be a happy moment no matter what, since you and your family are together and beautiful memories are created.

Whatever worries you have, and whatever your children are up to during the session, it will be all right. Because that is your family and my camera is quick, it will capture that one second of snuggle, that quick smile, and the love in the eyes of your husband.

So just take a deep breath and let the planning begin!



H O W T O P R E P D A D D Y

Let's be honest. Not many men are excited about having their photos taken. There are probably many reasons for it but it can be earlier not-so-positive experiences or that he knows how much they mean to you and don't know how to meet your expectations.

No matter the reason, the best you can do is to educate him.

Show him some of my earlier galleries so that he knows what kind of photos will be taken.

Let him know that there won't be any stiff poses, you will just naturally be together with some guidance by me.

Even if he might not be so interested in what he will wear, make sure that he has approved the clothes you picked for him to wear during the session.

Just as we talked about earlier, it's important to feel comfortable in the clothes you are wearing.

And of course, he will be nervous, I'm sure that you will be too and it might feel a bit uncomfortable for the first 5 min, but after that, you will be relaxed and don't think so much about having your photos taken.



H O W T O P R E P T H E S M A L L E R K I D S

I know that you want to tell your children that when we are having the session they should look into the camera, smile and do exactly as the photographer asks them to.

Well, I'm gonna ask you to not do that.
Because, children never do as we say, right?
And this is not how I want it to be during our session, a moment full of exhortations.
It should be a moment of laughter and joy.

And this is also how I'm working. In order to take your photos, I will play with your children. I will make funny sounds, ugly dances, play pick-a-boo and everything in between.

What I want you to tell your children is that you are going away to have fun.

I know all children are different, some are shy, some are very enthusiastic and some don't want their photos taken at all. Some children need a bit more time to warm up while others don't.

You know your children the best and please let me know before our session if there is anything you feel that I need to know about your children.

Feel free to use bribes (the great gift to all mothers). As I said, you know your children the best and if you feel that a reward after the session is something that can work on them, just go for it.

But most important is that you try to excite the children as much as possible before the session and not give any exhortations.



H O W T O P R E P T H E O L D E R K I D S

If you have older kids the news about the photo session could be everything from super fun to the worst possible thing to do.

But no matter what their reaction might be, the best way to prepare them is to mix the ways about how to prepare the daddy and your smaller children. I balance between education, to show how it can look like and to excite them without exhortations.

It's also important to listen to their feelings about having their photos taken. In a time when their bodies develop it can be a sensible and uncomfortable experience to be forced to show up on pictures.

This can be very difficult, but communicating and allowing them to be involved in the process and choosing clothes that they feel comfortable and happy with is a good way to meet their uncertainty.

P R E P A R I N G D O S

Be excited

Forget all your worries and just focus on the memorable moment you will have together with your family.

Plan the outfits

Plan your clothes in advance. And make sure that both you and the daddy are comfortable with what you will wear. Any questions about how to match the family, send me a message, I am happy to help!

Feed and sleep the babies

I know this is a difficult one because babies never sleep when we want them to. But try to come to the session with children that have eaten and are rested.

P R E P A R I N G D O N ' T S

Set high expectations on yourself.

Your family is wonderful and your session is going to be great. Let those thoughts about perfection go, instead, be present with your family and enjoy the moment with them. Leave all the worries about children that run away to me.

Stress

Easier said and done. But stressing over details or time is not going to set you in a good mood before your session.

Forcing the children

Try to be patient with your kids. Most important thing is that you and also the children are having a fun time. The smiles will then come naturally.

STYLING TIPS



Soft Colors

By using soft colors you remove distractions and the feelings between you and your family members will be the central part of the pictures.

Patterns

Just as the reason above about choosing soft colors, for the same reason it's a good idea to avoid very eye-catching patterns since it will steal the attention and there is a chance that the pictures will feel a bit messy.

Fabrics and layers

Something worth mentioning is that long, flowy dresses and skirts look amazing on camera as they add movement to your clothing that tends to be very flattering and natural-looking.

Prints

Even if your daughter wants to have her favorite t-shirt with Frozen's Elsa because that is the most beautiful t-shirt she has. It's kind of a big no-no. Prints and cartoon characters steal unnecessary attention and will also make the photos less timeless.

Dress for the season and location

This is pretty self explanatory. No one wants to freeze or be too warm..

Empty your pockets

This is particularly written for the dad. Cellphones, keys and other items are nothing we want to see through the pockets.



C O L O R P A L E T T E S

When it comes to colors, the goal is to complement each other instead of matching. As it can be difficult knowing what colors work well together and are creating harmony in the pictures you can below see a couple of color palettes.

Pick the one that feels most like you and use it when planning your outfit.

Soft and Lovely



Down to Earth



With Passion



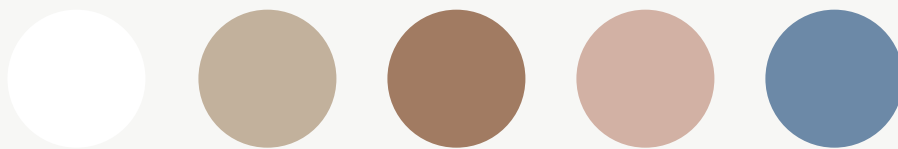
Oh So Neutral



STYLE BOARD 1



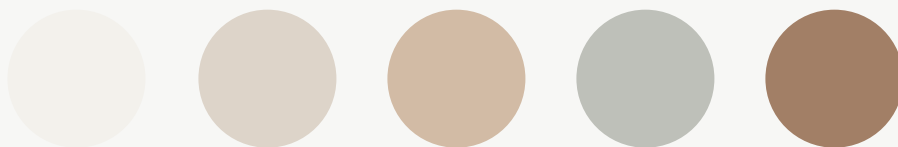
Blush & Blue



STYLE BOARD 2



Creamy Sage



STYLE BOARD 3



Earth Tones



STYLE BOARD 4



True Blue



STYLE BOARD 5



Feminine Florals



STYLE BOARD 6



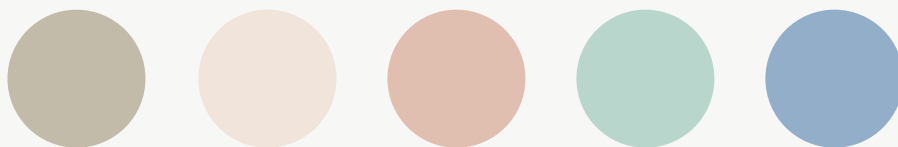
Spring Fling



STYLE BOARD 7



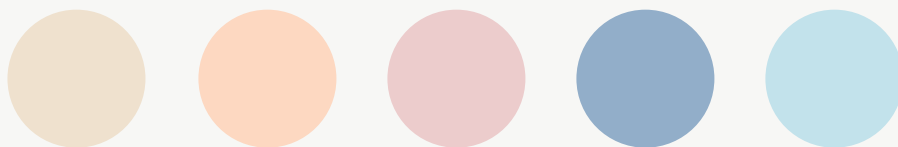
Summer Pastels



STYLE BOARD 8



Sweet Summer



STYLE BOARD 9



Autumn Jewels



STYLE BOARD 10



Autumn Spice



STYLE BOARD 11



Rustic Chic



STYLE BOARD 12



Autumn Earth



STYLE BOARD 13



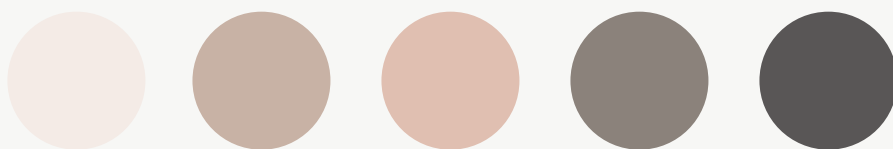
Neutral Winter



STYLE BOARD 14



Pastel Winter



STYLE BOARD 15



Classic Black



H A I R A N D M A K E U P

A perfect way to spoil yourself and make your session day **EXTRA SPECIAL** is to get your hair and make-up done **professionally**. If you are already amazing at doing your hair and makeup (definitely not me lol) you can totally skip this step. But if you are not used to doing your make up or style your hair on a daily basis this step would definitely help remove the stress of getting ready when you probably already are a bit nervous before your session. (Plus let's face it, mom always has to get everyone else dressed & ready too.)

Professional hair and makeup has the power to boost your confidence and make it easier for you to simply relax and enjoy your session knowing you already look **GORGEOUS**.

I usually recommend a **soft glam** look when choosing your eye make up (think bridal makeup), and hair down with soft curls or half-do look. But the most important thing is that you feel comfortable and confident!

This is important for the rest of your family as well. Make sure that they have been to the hairdresser a couple of days before and that daddy's beard is groomed.

But also here, **feeling confident and comfortable is key**.





FLATTER YOUR FEATURES

First of all, I already know you are gorgeous!

I also know that it's natural for a lot of us to have some parts of our bodies that we are not fully pleased with.

Below you can find a few tips and things to consider when choosing flattering outfits.

Arms: Skinny strapless dresses tend to enlarge the effect on arms, I recommend that you avoid this if you find yourself focusing on your arms a lot. Three-quarter length sleeves can have a slimming effect, you can have the same effect by wearing a cute jacket or cardigan. Also dresses with a flutter sleeve are very flattering to slim down arms.

Legs: Heels are flattering for all legs. It makes them look longer and really changes your whole posture vs when wearing flats. I recommend nude/neutral wedges as most of my sessions are out in nature and skinny heels will most likely sink in the grass as you walk. Wedges are also more comfortable which will help so you don't look like you are in pain in your portraits.

Curvy body: Try to wear something that draws attention to your upper body. A-line dresses, belted styles and dresses with full skirts are also great as they help to conceal the midsection. Avoid horizontal lines and natural waistlines.

S T Y L I N G D O S

Wear clothes that make you feel comfortable

If you feel uncomfortable you will look uncomfortable and that is nothing that can be fixed afterward.

Choose soft colors

This is because it's less distracting. The only thing that you want to see in your pictures is your love. It's also most flattering as it won't bring any color casts on you. And it will make your pictures last a lifetime.

Listen to my advice

It might sound a bit harsh but there are so many small details that bring a good photo together. I have the experience and just want you to be nothing else than happy with your photos.

S T Y L I N G D O N ' T S

Crazy pattern and cartoon characters

Small flowers on a cute dress are totally fine. What I'm talking about here are patterns that are all over the place. It will only be a distraction. The same with cartoon characters. Please try to avoid small stripes. Cameras find that very confusing and the result won't always be good.

Bright colors

Mostly because it takes all the attention in a picture but also because it creates color casts. If you wear bright green, there is a chance that your skin will look green.

Matching

Avoid that both of you are having the same color at the top and bottom. It's better to have colors that are working together than using the same ones.

P L A C E S T O S H O P

BALTIC BORN

H&M

BANANA REPUBLIC

OLD NAVY

ZARA

GAP

ALTAR'D STATE

SHOWPO

JOYFOLIE

OLIVE & QUINN

TARGET



P A C K I N G L I S T

- Extra clothes, *when children are involved you never know what can happen.*
- Wet wipes. *Because kids will be kids.*
- Favorite toy/stuffed animal, *if extra comfort is needed. If possible, avoid anything with bright colors in case they will be shown in some photos.*
- A small snack or treat, *if the energy drops and only for emergency bribes. Preferable something drier that doesn't leave spots and stains so easily, like smarties or cheerios for the littlest ones. Avoid anything that melts.*
- Something to drink, *especially for warmer days.*
- Touch-up makeup for mama *if needed.*





I ' M H E R E F O R Y O U



Whenever you are unsure or have a question, let me know.
No question is too small. If you can't decide if you are picking the pink or beige head band for
your baby girl, I'm here for you!

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