

Family Session Guide



JESSICA CHERIE PHOTOGRAPHY

A KIND NOTE

I know how much goes into making family photos happen — the outfits, the snacks, the schedules, the emotions. It's a lot, and it's okay to want them to turn out beautifully.

But here's the truth:

The most meaningful images rarely come from perfection. They come from presence — from showing up, being together, and letting the real moments unfold. You've already done the hard part by making space for this. From here, we'll take it slow, with room to breathe, connect, and just be.



HOW TO PICK THE RIGHT LOCATION



The location isn't make or break, but it does shape the overall feel of your images.

In Utah we have so many beautiful options for you to choose from. Here are some things to keep in mind when selecting your location:

+ What is your travel radius? Are you willing to travel to a destination for our session or does it need to be close to home?

+ If you already have the perfect outfits and colors in mind, make sure the location will complement or contrast you well.

+ Do you have any physical restrictions? Some locations do require different amounts of walking or hiking.

+ Think of your family's happy place. There is no better choice than having our session somewhere special to you.





SUNRISE VS SUNSET

My favorite time to shoot is during Golden Hour — that beautiful, glowy light that happens during the first and last hour of the day. It adds so much warmth and magic to your photos. When choosing a location, keep in mind that some spots shine in the morning, while others are more stunning at sunset.



SUNRISE:

- + Beautiful, white, clean light
- + PRIVACY (locations are almost always empty)
- + In general, kids actually do better at the beginning of the day
- + Starting the morning in nature, connecting with your loved ones
- + Quicker!



SUNSET:

- + Warmer temperatures
- + Turn it into a family/date night
- + Warm, glowy light
- + More wiggle room with time
- + Dramatic skies
- + More predictable weather



“Jess suggested a sunrise photoshoot and we were a bit reluctant to get up that early with the kids, but decided to go for it. Once we got there I could not believe how stunning the lighting was. It was absolutely magical!”

Moss Family



WHAT TO WEAR

What you wear tells a bit of your story — your style, your season, your vibe. But there's no need to overthink it.



Choose pieces that feel comfortable, move freely, and reflect who you are. Add in some texture or layering if you'd like, and I'll help with the rest. Simple choices often photograph most beautifully.



TIPS FOR OUTFITS

- Pick outfits you can move, cuddle, and play in — we'll be capturing connection, not just standing still.
- Layers, knits, linen, flowy dresses, and denim always photograph beautifully and add depth and texture to your images.
- Adding little details — accessories, hair pieces, or heirloom items can add meaningful touches.
- Choose colors that complement or contrast your location in a way that feels natural. Pinterest can be a great help!





WHAT TO AVOID

- Skip logos or loud patterns — they pull focus from the connection we're capturing.
- Aim for coordination, not matching. Choose tones and textures that complement each other without looking too uniform.
- Avoid neon or bold primary colors. Earthy, muted tones photograph more naturally and beautifully (think sage instead of kelly green).
- Use patterns sparingly. A good rule of thumb: one patterned outfit for every three people.





PREPPING THE KIDS

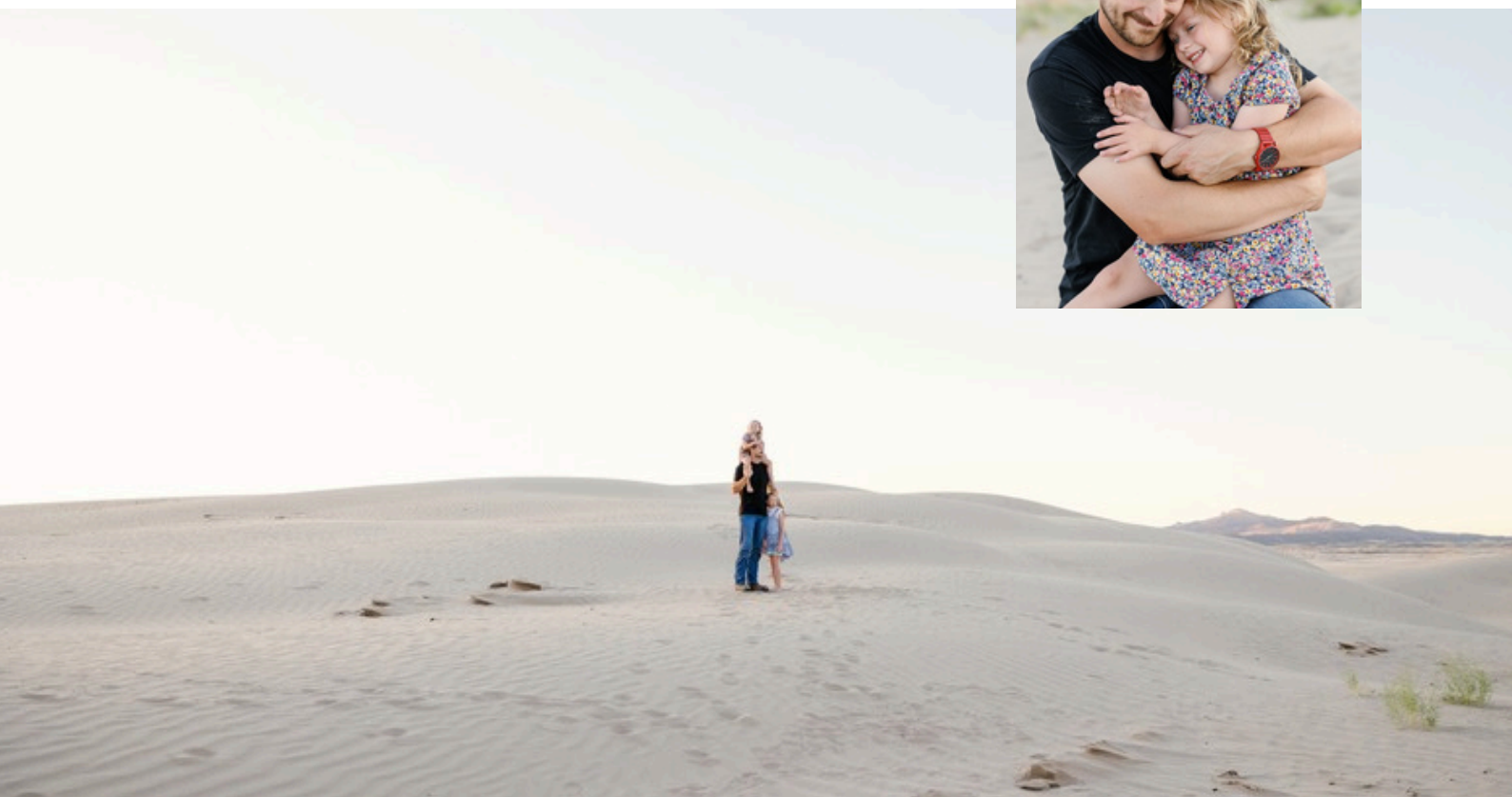
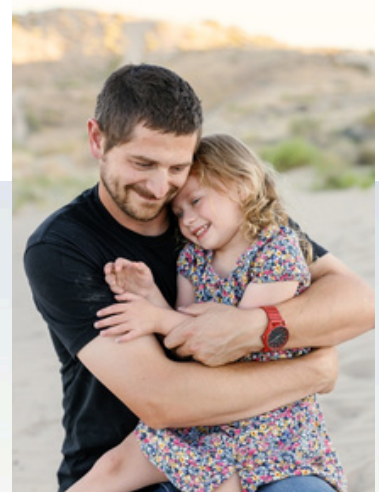
Help your kids think of our session as playtime or a little adventure — not a formal photoshoot. There's no pressure for "good behavior." I don't expect perfection, just presence.

Let them be themselves — wild, shy, silly, or serious — it's all welcome. If a comfort item helps them settle in, feel free to bring it along. The more relaxed they are, the more meaningful the moments we'll capture.

SESSION FLOW: WHAT TO EXPECT

Here's how it works:

- I'll gently guide you with natural prompts — walking, snuggling, or sharing a laugh — and adjust you for the best light without over-directing.
- We'll move, pause, play, and follow your family's natural rhythm. If kids need to explore or someone needs a break, we'll take it. Tears are okay. Wild energy is welcome. This is about connection.
- By the end, you won't just have beautiful photos — you'll have real memories of time well spent with your favorite people.





WHAT TO BRING

I believe a little preparation can go a long way. No need to overpack — just a few thoughtful touches can make the session feel extra comfortable.

- Water/snacks/wipes (for the littles)
- A favorite blanket or quilt for snuggly shots or sitting in the grass
- A toy or comfort item if needed
- Something fun to play with or do together — bubbles, a picnic, or anything that sparks joy



BEFORE THE SESSION

How your day flows before the session matters just as much as the session itself. Give yourself (and your people) a little breathing room so no one feels rushed or frazzled. Feed everyone ahead of time — yes, even you! — and try not to pack the day too full.

A little extra space for rest and connection goes a long way. I've seen sessions start calm and end joyfully when the energy going in is slow and steady — and that's exactly what I hope for you.



AFTER THE SESSION

Once we wrap up, I'll get started on editing your images. Your final gallery will be delivered via email within two weeks — to enjoy, share, and save.

Here's what to know:

- All images will be high-resolution and ready to download.
- Gallery is live for 30 days.
- For safe keeping, back up to both cloud and hard drive, if possible.
- Want help printing or creating an album? Just reach out — I've got you.



FINAL THOUGHTS

Thank you for trusting me with this season of your family — it honestly means so much. I can't wait for our time together and to create something real and meaningful with you.

If anything comes up or you just need a little extra guidance, don't hesitate to reach out. You've already put so much heart into this — now we get to turn it into something beautiful.



HOW TO
REACH ME

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