

LIFE LAB PHOTOGRAPHY
FAMILY PREP GUIDE





LET'S MAKE SOME MAGIC TOGETHER

I'm so glad you have chosen me as your photographer!

By taking this first step, you have invested in your family legacy by creating Images that will be gazed upon for generations.

Take a read through, I have created this book to help you to prepare, but remember its just as a guide, they are not rules. Each family is unique and thats the way I would love to capture you

I cannot wait to showcase the story of your family.

Angela x



contents

5	What to wear
6	Color palettes
7	Dos and dont's
8	It's all in the details
11	What to expect
12	Activity ideas
13	Let them be kids
14	Furry friends
15	Get ready
18	After the session
19	Print your photos
21	Frequently asked questions
22	Testimonials



before

YOUR FAMILY SESSION



what to wear

COORDINATE, DON'T MATCH

Choose a palette of about 4 coordinating colors that are represented across all of the family's outfits.

Your photos should look timeless and classic, so start with one or two neutral shades (think white, cream, gray, beige), and then add some pops of color. Consider:

- the session location - you don't want to blend into the background
- the season - deeper hues for fall/winter, lighter colours for spring/summer
- your decor - your wall art should fit the room where it is displayed

Start your planning process with an outfit that Mum' feels fabulous in, and then build the outfits of the rest of the family around that. Above all, choose outfits that are comfortable and will allow you the freedom to move and play.

color palettes

IDEAS FOR EVERY SEASON

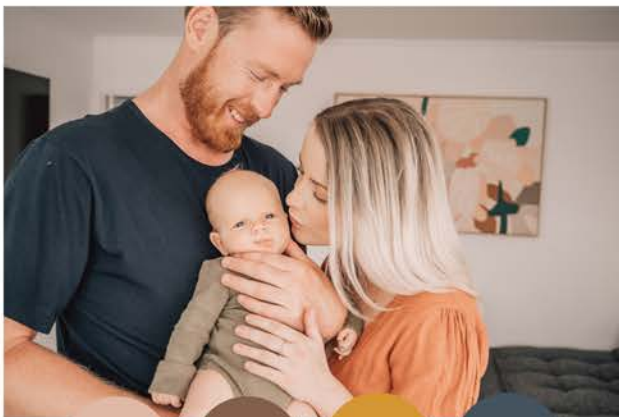
SPRING



SUMMER



FALL



WINTER



SAY
yes

- Earthy, muted colors
- Solid colors
- One outfit with a pattern
- Boots, sandals and sneakers
- Comfortable fits

SAY
no

- Neon colours
- Large logos, words or characters on shirts
- More than 1 busy pattern
- Too tight or too baggy fits





IT'S ALL IN THE

details

SHOES

Don't forget that shoes are part of your outfit! Forego the runners and heels, and choose boots, sandals and sneakers that are both practical and matches the setting.



LAYERS + TEXTURES

Layers like jackets, cardigans, and vests provide depth. Textures like knits, lace, denim and cords add interest. When used together, its a winning combination!

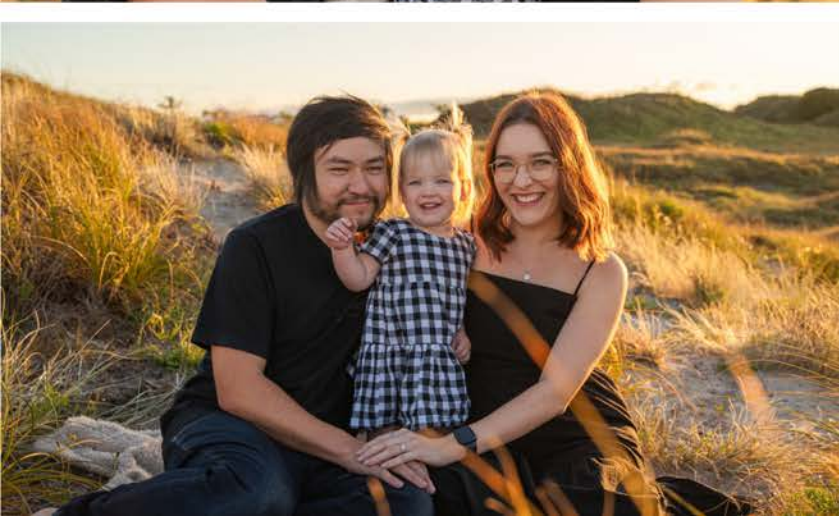


ACCESSORIES

Complete your look by adding hats, beanies, headbands, jewellery, scarves, belts, etc. It's a great way to show off your personality, without taking over the focus.

HAIR + MAKEUP

Get haircuts at least a week before, and keep makeup natural. Better yet, get your hair and makeup done professionally. The confidence boost and no-stress is worth it!



HANDS AND NAILS

Your hands will be holding, hugging and gently stroking in many of your photos, so make sure everyone has clean and trimmed nails with no chipped nail polish.



the day of

YOUR FAMILY SESSION



what to expect

LAUGHTER AND CONNECTION

My goal is to capture your family as it is in this moment. The joy, the connection, and the love ... and yes, even a bit of the chaos!

I want you to remember how you felt about each other in this time of your life. And so our session will be focused on doing things that will allow for these feelings to show. I will ask you to play, to hug, to joke, to chase, to tickle, to laugh. And as your love for each other plays across your faces, I will be there to capture the magic.

Although it may seem unposed, I will guide you every step of the way by positioning you in flattering light, and with gentle prompts to get the candid interactions started. And of course, we will get a few formal family photos for the holiday card as well.

And because these sessions are relaxed, play-based and very focused on your kids, they will hardly realize they are having their pictures taken!

activity ideas

ADDING A SPRINKLE OF FUN



- A picnic on the beach or at the park
- Building a sandcastle and wading into the water
- Gathering wildflowers or looking for bugs in a field
- A walk in the rain, complete with umbrellas, boots and splashing in puddles
- Cuddling and reading favourite books on a blanket



- A drink and a treat at your favorite urban coffee shop
- Playing at a kids' play park
- Marshmallows and hot chocolate around a campfire
- Lifestyle / Documentary in your home session
- Running through a sprinkler
- Blowing bubbles
- Forest walks

let them be kids

GO EASY ON THEM (JUST FOR THE DAY)



I'm sure you want for your children to be on their best behaviour. But that often leads to stern words, which in turn lead to tension, frowning faces and even tears.

Let your kids get away with a little more than usual, just for our session. While we always want them to be safe, it is also fine to let them run and climb a bit, or be a little silly, or act a little cheeky. Because those lead to natural expressions, authentic smiles and giggles, and real family connections, which is always what I aim to capture.

furry friends

BECAUSE THEY ARE FAMILY TOO



It is incredibly special to capture the pets who will be part of your children's first childhood memories, and so you're welcome to bring your pet to the session, provided they can be controlled and they are allowed at our chosen location.

I strongly recommend bringing a friend or pet sitter along to handle and hold your pet while they are not in the shot.

And don't forget a leash, water, a collapsible bowl, and plenty of treats for your furry friends.



get ready

WHAT TO DO

- Leave enough time to get ready, and navigate traffic, without rushing and stressing.
- Try to make sure everyone is rested - an extra nap (for adults too!) can go a long way.
- Come with full bellies - hungry kids are unhappy kids. But don't leave dinner for the car ride over and have to clean up kids in the parking lot.
- Plan a special treat for sometime after the session - ice cream, a toy, or a special outing can keep everyone motivated to keep going!

WHAT TO BRING

- Lots of mess-free snacks that won't stain mouths or spill on clothes
- Water for everyone
- A brush, hairspray and/or gel
- Makeup for touch-ups
- A change of clothing, especially for kids
- Jackets/sweaters for when temperatures drop later on
- Bug spray
- PJs for the car ride home (they may fall asleep!)
- A relaxed, playful and come-what-may attitude. It will show in your photos!



after

YOUR FAMILY SESSION



NIKE LAB
PHOTOGRAPHY

uz ipp

www.uzipp.com
Professional Photography

after the session

SNEAK PEEK

1-2 days after your session, I will post a little teaser image from our session on social media so you can share the excitement from your session with your friends and family.



THE BIG REVEAL

About 3 days after our session, I will present you with an unedited online gallery of the best photos taken during our session. You will be able to make your print and digital selections from this gallery, depending on the package you chose.



PRODUCT DELIVERY

2-3 weeks after placing your order for prints, albums, or wall art, I will deliver your gorgeous products to your door, ready for you to proudly display in your home.



print your photos

PRINTING GIVES LIFE TO YOUR IMAGES

While capturing these emotion-filled moments with your family and scrolling through them on a phone or computer is enjoyable, there is nothing quite like tracing your fingers over a printed image of the smiles and faces so dear to you.

Hard drives fail, and digitals get forgotten. The best way to make these memories something you can delight every day is to keep it where you can connect with it every day - display it on your walls, make prints to pass around, and page through an album filled to the brim with all the moments that make up your family's story.



PRINTS

Prints are a perfect way to display a bunch of your favourite images, whether you pass them around or show them in small frames around the house. Superior color reproduction and fine art papers make a luxurious product to swoon over.



WALL ART

Whether you choose a classic frame or a modern canvas, these pieces of art are crafted with Quality materials to provide an archival product that will be a statement on the wall that will take your breath away every time you pass by.



ALBUMS

Heirloom albums are meant to be passed on from one generation to the next. Album pages are printed on thick pages rich with color and are perfect for little hands to page through year after year as they see their family story unfold.



frequently asked

WHAT IF IT RAINS?

We can usually work around a light sprinkle, but if it is really pouring down, we will reschedule or can plan for shed photos or even an urban look. Please keep the week after our scheduled date open and flexible in case we need to reschedule for weather.

WHAT ABOUT BEDTIMES?

The most flattering light for photos, and the light that is represented in my portfolio, mostly happen during the hour before sunset, or the hour after sunrise, when the sun is low enough in the sky to not cause harsh shadows on your faces, and you are bathed in soft, warm, golden light.

In the summer, this means that our session will probably start close or even after your children's bedtimes. In order to accommodate the late start, most of my clients adjust the day's schedule a bit to include an extra late-afternoon nap. Because our sessions are fun and kids will be kept busy being active outdoors, they won't even notice bedtimes passing (but they will pass out on the car ride home for sure!).

Most of the time we can work with the available light and find some open shade around for stunning images, after all, it's about capturing you guys.

WHAT IF MY CHILD IS SHY?

It is perfectly normal for children to feel a bit apprehensive when meeting a stranger. Reframing the photo session as a fun adventure along with a friend who will be taking photos will go a long way in easing anxious feelings.

At the session, there is no expectation for children to "perform". They can take their time warming up, and if they want to be in your arms all the time, that is fine too! I will be my extra silly self all along, and chances are they will be relaxed and smiling at my antics in no time!

a little love

KIND WORDS FROM KIND FOLK

Thank you Angela for going above and beyond with the beautiful photos you took of my maternity, newborn and Christmas pictures!! Highly recommend too anyone wanting high quality photos taken. Will definitely be coming back xX



Angela is so amazing at what she does! The maternity photos she took are gorgeous and she made the whole session feel so relaxed and natural definitely recommended and I can't wait for our newborn shoot now.

Such a lovely lady! Amazing photographer and brilliant with the babies! Love your work so much and love the photos!





Get in touch

0211413813

www.lifelabphotography.co.nz