

FAMILY SESSION GUIDE

SESSION INFORMATION & STYLE GUIDE



How to prepare for your family photo session:

Thank you for choosing Jessica Ostrander Photography for your family's photo session. You may be wondering what to expect and how to prepare for your session so I've got a few tips and tricks for you!

Small Children: Small kids are so fun to photograph! They're typically energetic and full of giggles if they are in a good mood. But like anyone they can get cranky if they're hungry or tired. A great idea is to plan your session time after your child's nap so they're fresh and ready. Bring snacks in case your child gets hungry or treats (that won't stain fingers and tongues) to help them sit still during posed family shots. If your child has a favorite toy or something that makes them giggle, share that with me so I can incorporate behind the scenes to make the session fun for your child. Keep it light! Try not to scold children during the shoot. This typically leads to tears and/or strained smiles and stress for everyone.

Older Children: If your child brings a device like a phone or tablet to the session it's a good idea to leave it in the car as it can be distracting if it's in their pocket. Let them be involved in choosing their outfit so they are comfortable. Older kids can sometimes have a hard time "loosening up" for their shoot so it helps if they feel good in what they're wearing. While we will do posed shots, I also like to capture the family dynamic so feel free to tickle, joke and be silly with your older kids! Try to make them laugh!

The Nitty Gritty: Kids of all ages can get boogies in their noses, have dirty faces or crazy hair! Try to check your children thoroughly to make sure their faces and noses are clear of anything you might not want showing up in your family pics. All photographs are professionally edited but you'll make my job a lot easier if their faces are clean and ready to go! Bringing some wipes and a hairbrush is a great idea for last minute touch ups. Sometimes you'll even need to pull them out during the session and that is totally fine! Check your child during your shoot to make sure they're still boogie free.

Adults: Preparing your family for a photo session can be stressful on both parents. Try to use the drive to your session as a time to lighten the mood. Listen to your favorite songs, play a game along the way or crack some jokes. If you're not all happy in the pictures it shows!

WHAT TO WEAR?

DRESSING YOUR FAMILY FOR PHOTOS



Choose several complimenting colors and stick to them. Pick some of your hues that coordinate well together and stick to them. What are your family's favorite colors? Don't choose one color for the whole family - multiple colors will add dimension to your images.

Pick one pattern and go from there. Avoid dressing the whole family in patterns. A good idea is to choose one item, a dress for example, with a pattern containing the colors you love. Then choose colors from the item that you love for the other family members to wear.

Be comfortable. Make sure that everyone's clothing fits properly, not itchy and is weather appropriate. If you're hot or cold during your session it's less likely that you'll appear happy and relaxed in your photos. This is especially true for children. If you feel good in your clothes it shows! Remember we will be active. We jump, we spin, we sit and we lay on the ground during your session.

I ask all my clients to send me pictures of their outfits before the session. This way I can coordinate blankets, props and even location based on your clothing choices. I'm also happy to help advise you on what to wear! Shoot me an email or text and I'm happy to help!

Do: Wear layers!! Layers add dimension and depth to your images. If it's hot outside layer with accessories - cute belts, necklaces, bracelets, etc. If it's cold outside wear cardigans, vests, scarves, boots hats, etc. Avoid graphics on clothing - accessorize instead!

Do: Purchase clothes that fit your body. It can be tempting to buy kids clothing a size bigger so they'll have room to grow, but for photo sessions it's not the best idea. Avoid looking dishelved by wearing well fitting garments.

Do: Start with one outfit and build the rest of the family clothing from there. It can be overwhelming trying to choose all the outfits at once. Start small and build from there. Everything doesn't have to be new, shop your own closet!

Don't: Wear neon colors. They don't photograph well and cast colors onto the skin of those who are wearing them. No one wants a bright yellow face!

Don't: Match! Matching is out, coordinating is in. Remember, it doesn't have to match, it just has to GO. Outfits should complement each other, not match each other.

Don't: Choose colors that match the scenery. If you're doing a lot of outdoor photos for example, avoid wearing a lot of green as you'll blend in too much with the background. Of course pops of green here and there are fine!

Don't: Wear solid black or solid white clothing. These colors don't show dimension when photographed and make for dull, boring images.



WHERE TO SHOP?

SOME OF MY FAVORITE PLACES FOR CLOTHES



Some of my favorite places for family photo outfits are below. Also, shop your closet!

Old Navy: An affordable place to shop for the whole family. It's easy to find simple patterns and solid colors.

H&M: Another affordable one stop shop, you'll find plenty of neutral colors and easy to layer items for the whole family here.

Zara: One of my favorites! Super cute suspender outfits for little boys and tons of sweet dresses for girls. Perfect for kids outfits! Also affordable.

Boden: A little more pricey but great quality with clothing for both kids and adults. They have great clearance so be sure to check there first.

Gap/Gap Kids: Great for classic clothing, but be careful and avoid graphics and neon colors.

Rue La La: Designer clothing at discount prices. I especially love the wide variety of maxi dresses for women. A great style for all body types!

