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**5 TIPS TO HAVE A
STRESS - FREE
PHOTO SESSION**

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HOW TO PREPARE FOR A STRESS-FREE PHOTO SESSION



Having your family's photos taken by a professional photographer can be a fun and a great way to create lasting memories. Preparing for your family's portrait session can be overwhelming and stressful, particularly when it comes to getting your family ready for the session and getting them to participate during the session.

I understand that family picture day can be a stressful event, but it doesn't have to be. Preparation + a little rest - tension and distress sprinkled with a lot of fun is the perfect equation to a seamless portrait session.

Here are a few tips to getting everyone on board for a stress-free photo session.



1. Don't wait until the last minute to prepare...


There are many moving parts in planning a portrait session. Outfits need to be picked and put together (head to toe). Hair and makeup appointments need to be made. Pack a bag of everything you will need on picture day - snacks, props, bribery, etc. and put it somewhere you can grab it and go. Be sure to include wipes in case things get messy, an extra hairbrush, and other “emergency” items, such as bobby pins and a backup lipstick. You also need to ensure that you have everything that is needed for the Itty Bitty people. If they aren't happy, it will set the mood for the entire session.


2. Coach your family...

Talk to your family and let them know your expectations... Of course, you would want to talk to the kids first, days ahead of the session. If you plan to use a bribe, now is a good time to set that in place. Continue to talk to your children daily to prepare them for the session. They need to know that they should be on their best of behavior and that the photographer is in charge and they are to listen and be respectful. Advise other family members that they are expected to arrive at the location on time. Encourage spouses to be willing participants and to smile occasionally.

3. Eat and get lots of rest...

Make sure everyone is well-fed, but not overfed. We don't want sick little tummies from overeating, but we don't want anyone getting “hangry” (angry because they are so hungry) either. Do not get your family dressed in their photo clothes until after they have eaten and brushed their teeth. This will prevent spills and other messy accidents. If you have young children, avoid any colored drinks the day of the session until after the session is finished.





Also, get them to wear a bib or drop cloth if they drink anything on the way to the session to save their shirts from wet spots or stains.

The itty bitty people should take good naps, but EVERYONE should get some rest. You and your family should be full of energy on picture day.

4. Be on time...

Time is of importance to everyone. The kids will tire easily and quickly. The photographer has a schedule to keep and the sun doesn't care that you are running late. It has its own schedule and won't pause just because you're running late. Be respectful of everyone and BE ON TIME!!

5. Lower your expectations and HAVE FUN...

Everyone wants those perfectly posed portraits to show off on social media and to all of their family and friends. Things happen, the itty bitty people may have a tantrum because they are tired, your spouse could be annoyed with the number of photos the photographer takes and your adult children just don't want to be there.

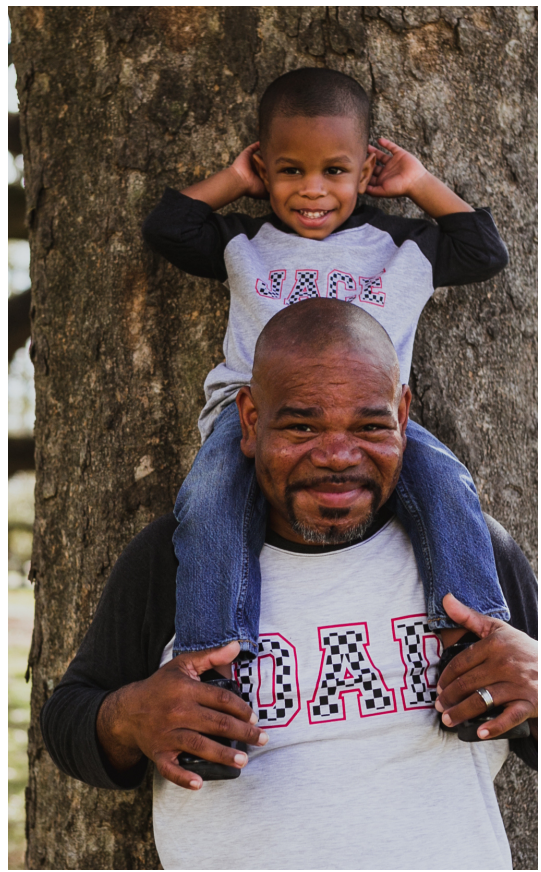
Don't let anything bother you on picture day, laugh, and try to relax. If you have set a bribe, let your photographer know so that they can use that throughout the session if the children start to get restless. Trust your photographer(s) - know that they will take care of things and will deliver amazing photos of your family.

Family picture day normally comes with a lot of anxiety and overthinking of what could happen. Follow these 5 simple steps to ensure that you can kick the stress to the curb and relax and have lots of fun with your family.

**There are no DO-OVERS when making memories, so book your portrait session with Photos By MeMe TODAY.
Let's make memories that LAST FOREVER!**

BOOK YOUR SESSION





PHOTOS BY *Melanie*

ESTD 2018
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Sharonda Major

She even got my husband to smile for a picture which is something he hardly ever does!!

My family and I enjoyed our experience with MeMe. She has great ideas for poses as to bring our personalities that shine through in photos. This was our first family shoot so it was extra special, and the photos came out gorgeous. My husband and I commented on MeMe's professionalism and working through extreme weather conditions. It was a great experience



The David Family

She even got my husband to smile for a picture which is something he hardly ever does!!

My family and I enjoyed working with Photos By MeMe for our family pictures. She was very professional and made us feel relaxed. She even got my husband to smile for a picture which is something he hardly ever does!! I highly recommend Photos By MeMe for all your photography needs.



Carmen Young

My daughter and I had an amazing time during this photo shoot.

My daughter and I had an amazing time during this photo shoot. The photographer made us feel comfortable and we laughed so much!!!!

I can't wait to see you through my lens...



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