

How to Make the Most of Your Photoshoot

Oct 27, 2023 | By: Jonathan Messenger



Share

8 Tips to Reduce Your Stress Level Before Your Family Photo Session

If you've ever gone through a family photo session, you know it can be stressful and challenging. This is especially true if your children are young. The following tips will help you ensure your family photo shoot goes smoothly and captures beautiful pictures that you'll cherish for years to come.

1. Choose your location wisely.

Do you have a favorite spot that you'd like to have as a background? When we schedule your family session, we will discuss your desired location. I can certainly provide you with plenty of options. Living in the Blue Ridge Mountains gives us plenty of beautiful locations.

2. Choose your outfits carefully.

Having your clothing chosen way in advance will alleviate a lot of stress on picture day. Make sure your outfit choices are comfortable and attractive. Choose coordinating colors. What do you want your dream family photos to look like? Are they soft and elegant or bright and bold?

Here is a [seasonal color guide](#) to help you with your choices.

3. Make sure the entire family is fed and well rested.



Don't show up for your family photo shoot on an empty stomach. This will make for cranky kids (and adults) and it won't create an ideal situation for beautiful photos. If you're planning on a big family dinner after the photo shoot, give your kids a snack before you start. It's also a good idea to have snacks on hand in case your kids get hungry during the session.

The following snacks are great to bring since they won't get all over your children's clothing:

-

Cheese cubes

-

Dried fruit

-

Goldfish crackers

-

Jellybeans

Snack to avoid:

-

Ice Cream

-

Lollipops (or ring pops)

-

Chocolate candy

-

Chocolate milk

-

Juice or fruit punch

In addition to being well fed, don't come to the photo shoot tired. No one looks their best when they are tired. You should also avoid scheduling your shoot just before or during your

children's nap time. Instead, have the shoot take place after nap time but remember to give yourself enough time to get them ready.

4. Let each child be a star.

Your kids will have more fun at the photo shoot if they have a chance to shine. Make sure to arrange for a few pictures of each child alone. This will help them to feel special. If they have an activity they excel at, feel free to bring any prop that speaks to who they are.

5. Cheese is for crackers.

Please, parents...leave the "cheese" at home. Cheese is for crackers. So many times I have found parents who stand behind me and scream "Say Cheese to the photographer kids!" From my experience this just completely stresses the kids out and it will result in strained, unnatural and often unflattering photos. Step back and allow the photographer to naturally interact and talk with your children. This will coax out those natural looking smile and will result in beautiful photos.

6. Not everyone has to be looking and smiling at the camera at the same time.

The best photographs are often the ones where everyone is engaged or interacting with each other. If you are engaged as a family and loving on each other, your eyes will be on your family members and your smiles will be natural. These are the photographs that you will cherish most because they depict your family connections and your love.

7. Prepare the kids for the Family Photo Session.

Family photo sessions can be stressful for children. I recommend that you start preparing your kids in advance. A few days before the photo shoot, start talking to your children and let them know what to expect:

-

Tell them where the photo shoot will take place

-

Let them know how long the session will last

-

Explain what is expected of them during the shoot

Most importantly, try to build up your family photo session as a fun event that your kids will look forward to. Talk about ways in which they can be creative and have fun with the pictures. Bring an activity you enjoy doing together as a family. Some examples include:

-

Board games (Monopoly, UNO, Candyland, etc.)

-

Football

-

Piggy back rides

-

Races

-

Picnics

When families are engaged in doing something that they love together, the photographer will have the opportunity to take some beautiful and authentic photos.

You may also want to consider offering them a treat, such as ice cream or a special activity, that you'll do following the photo shoot.

8. Have fun with your family.

Don't be afraid to pick up your children and toss them in the air. Give your wife a sweet kiss on the cheek. Tell your husband how much you love him and appreciate him. Have fun. Laugh. Giggle. Joke. Embrace. Kiss. Snuggle. Play. Doing these things will allow the

photographer to capture the emotion and true beauty of your family. Leave the stiff "cheese" faces for Aunt Marge at the next family reunion.

Conclusion.

I hope you have found these tips and tricks helpful when planning your next photo shoot. Photos sessions don't have to be something you or family dreads as long as your do a little preplanning. The main takeaway I want you to have is to just relax and enjoy the moments. Don't stress about whether or not the kids are staring at the camera and smiling. Let them be kids.

I can help you!

I can help you plan your session so it's less stressful for you! This involves:

- Getting to know you and your family and finding out what you like
- Taking the time to understand your goals and expectations for the photo session
- Offering clothing guidance
- Presenting you with gorgeous locations for your photo shoot that not only go with your outfit choices but is convenient to you
- Focusing on developing an ongoing relationship that allows me to continue to get to know you better each time we work with you
- Offering retouch enhancements that will give you beautiful, natural photos you'll be proud of for years to come
- Providing a 100% satisfaction guarantee

I serve families throughout Franklin County, Va and the surrounding areas (Roanoke, Martinsville, Bedford, Floyd).

Schedule a Free, No Obligation Family Photo Session Consultation With Me

Text or Call Me anytime if you have any questions or concerns.

[Text or Call Me!](#)

Name

Email

Comment

//

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Submit

0 Comments

Previous Post

Next Post

Related Posts

Why your home could be the perfect
place for your family session

November 27, 2022

What to expect at your family pictures
session

December 15, 2022

Family Portrait What to Wear Guide

October 6, 2023

Photographers whom have greatly
influenced my style

November 9, 2023

Blog Subscription

Sign up for the latest blog updates!

Please provide your email below to get the latest news and updates from us

* Email

First Name

Last Name

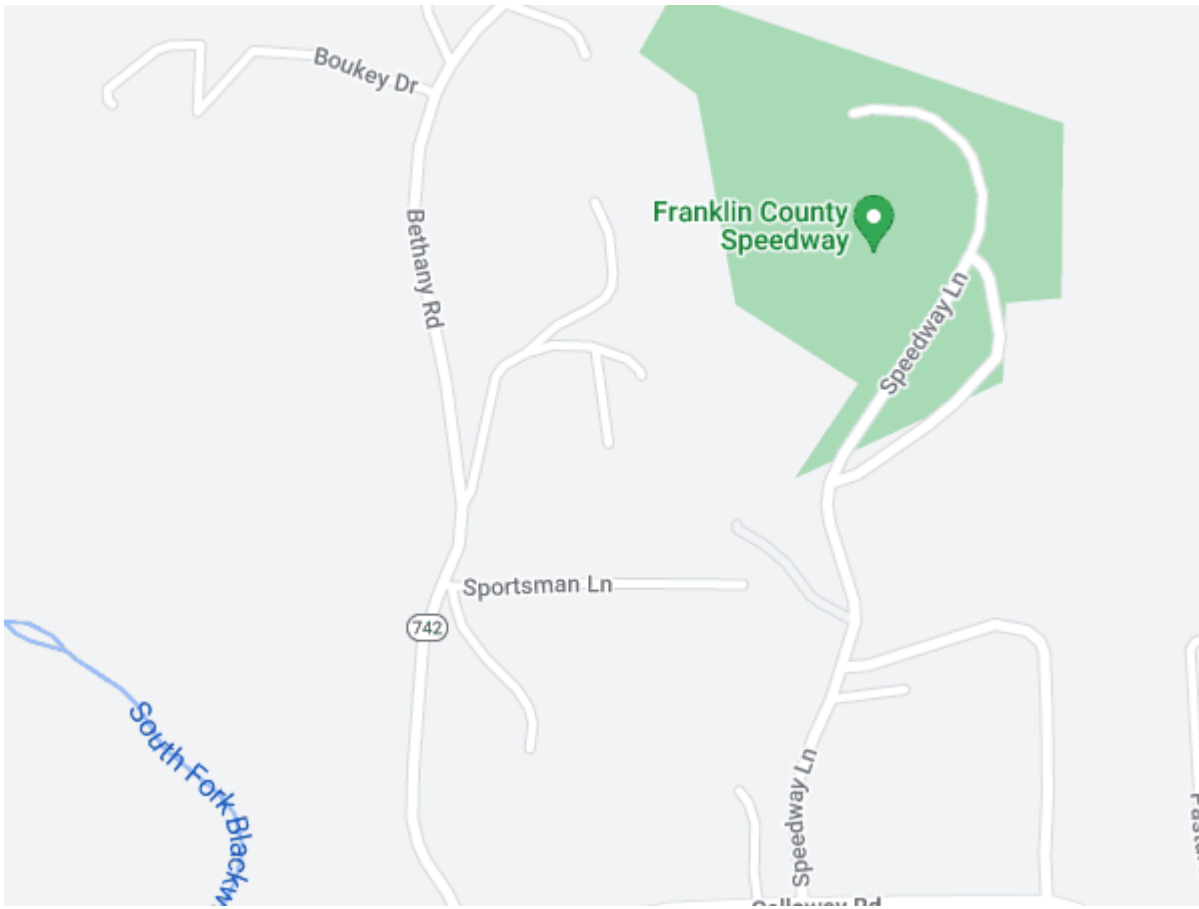
This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Subscribe!

292 Bethany Road, Callaway, VA 24067 | [Call or Text Me](#) | [Email Me](#) | [Mess E Photos](#) [Google Page](#)



[Update Your Email Preferences Here](#)



Senior Portrait Service Areas Near Me

- Franklin County Va
- Rocky Mount Va
- Roanoke City Va
- Roanoke County Va
- Smith Mountain Lake Va
- Westlake Va
- Northshore Va
- Hardy Va
- Boones Mill Va
- Ferrum Va
- Glade Hill Va
- Union Hall Va
- Collinsville Va
- Martinsville Va
- Bassett Va
- Moneta Va
- Copper Hill Va
- Floyd County Va
- Vinton Va

Family Portrait Service Areas Near Me

- Franklin County Va
- Rocky Mount Va
- Roanoke City Va
- Roanoke County Va
- Smith Mountain Lake Va
- Westlake Va
- Northshore Va
- Hardy Va
- Boones Mill Va
- Ferrum Va
- Glade Hill Va
- Union Hall Va
- Collinsville Va
- Martinsville Va
- Bassett Va
- Moneta Va
- Copper Hill Va
- Floyd County Va
- Vinton Va

Salem Va
Burnt Chimney Va
Wirtz Va
Cave Spring Va
Ridgeway Va
Fieldale Va

Salem Va
Burnt Chimney Va
Wirtz Va
Cave Spring Va
Ridgeway Va
Fieldale Va

crafted by photobiz