

# FAMILIES

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your guide to a  
*stress free*  
photo session

what to wear  
& more

  
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PHOTOGRAPHY



# welcome

Family photos are an amazing way to celebrate what makes your family so unique and capture happy memories. It's about storytelling and bringing to life all of the friendship, fun and love in your family. For some parents, the thought of taking family photos can sound more stressful than enjoyable.

Luckily, it doesn't have to be that way! With a skilled, experienced family photographer behind the lens and a bit of thoughtful preparation, it can be a great experience that rewards you with gorgeous photos you'll love forever.

What's more, I'll help your kids have fun while we are doing it!



# 4 steps for a *stress free* photo session with your kids

As any parent knows, making sure your kids co-operate and behave for hours at a time is no easy task! Family photo sessions can seem a bit daunting. With some preparation and a lot of patience, your family photo session can be an enjoyable experience for the entire family. Here's how you can make sure your photo session is stress-free.

## **PREP YOUR KIDS IN ADVANCE**

Tell your kids about the photoshoot well ahead of time. Tell them what to expect. Let them know how much you're looking forward to it and why your family are doing it. If you're excited, they'll definitely catch your enthusiasm!

## **LET THEM BE INVOLVED**

Include your children in the planning process. Ask them what colours they think the family should wear. Help them pick out an outfit, either from their wardrobe or whilst online shopping. When children feel involved, they're much more willing to participate.

## **BRING BACKUP**

Make sure you're well prepared for photoshoot day. Bring along a change of clothes, plenty of snacks, water, favourite toys, etc. That way, even if the unexpected happens, you'll be ready for it!

## **A SPECIAL OCCASION**

Make photoshoot day a special occasion! Keep the fun going and perhaps plan to do something exciting afterwards too.



A young girl with long, straight red hair stands in a field of white flowers. She is wearing a white, sleeveless, tulle dress with a gold-colored bodice. She is holding a small, light-colored basket with a handle. The background is a lush green field with many white flowers, and the lighting is soft and natural.

# best times for your *family photo session*

It's time to think about when in the year you would like your family photoshoot. Every season brings something new! Take a look through the guide to help you and your family decide.

# *the seasons*

## **SPRING (MARCH - MAY)**

This is the time outdoor photography comes alive! It's often my most popular season, with the Snowdrops, Daffodils, Blossom and not forgetting the magical Bluebells in April. Parks and woodland also spring into life - so there is plenty to choose from!

## **SUMMER (JUNE - SEPTEMBER)**

The days are longer and it's a time we can all enjoy the warmer weather and some different shoot locations. Wild flowers, Buttercups, Daisies, Poppies (if we are very lucky!) and Cornfields are all popular choices, as are the tall summer grasses and beautiful countryside.

## **AUTUMN (MID OCTOBER - NOVEMBER)**

Autumnal photoshoots enjoy rich, striking and bold colours. Normally in woodlands or parks, the falling leaves provide a spectacular backdrop. The weather can be a little cooler, so remember to wrap up in cosy jumpers and think about footwear to and from the shoot location.

## **LET'S TALK ABOUT THE 'GOLDEN HOUR'**

The best time for natural lighting is either two hours before sunset or two hours after sunrise. However, if neither of these times are ideal for your family, we can schedule a time in the morning (before 12 noon) or in the afternoon (after 2pm). This avoids harsh overhead lighting.

No location is the same year after year. The secret is knowing a variety of locations and where the light falls. When you book your family photoshoot, I will know of the best locations at that time. They will be in a 10-15 mile radius of Harlington, LU5 6LJ (and mainly in Bedfordshire).

tips on:  
*what to wear*



When it comes to family portraits, one of the most common questions I'm asked is, "What should we wear?" It's a tricky decision! Since these photos will last a lifetime, you want to make sure your entire family look as good as possible. At the same time, you also want them to look like themselves – not wearing stuffy clothes that make them feel uncomfortable. I always recommend wearing clothing that make you feel and look your best, which can be different for every person. However, here are a few other wardrobe suggestions that photograph beautifully.



## **WEAR CO-ORDINATING (NOT MATCHING) OUTFITS**

Make sure your outfits co-ordinate well with one another. Stick to a colour palette of one or two colours. Matching outfits can look a little dated – co-ordinated outfits look harmonious and pretty. To make sure all of your outfits go well together, try laying out everyone's photoshoot outfits together the day before.

## **LET YOUR KIDS HAVE A SAY**

Ask your children what they'd like to wear. Asking their opinions will help to make sure they feel comfortable and involved. Just make sure they know their picks are subject to your final approval – otherwise, you might have a little Spiderman in your family portraits!

## **DRESS WEATHER APPROPRIATE**

Keep an eye on the weather forecast and make sure you dress accordingly. Choose colours that are appropriate for the season. If it's likely to be chilly during your photoshoot, be sure to bundle up a bit!

### **A FEW DONT'S:**

While what you decide to wear is ultimately up to you and your family, there are a few things that tend not to photograph well.

- **Patterns:** Try to avoid stripes, spots, heavy patterns and pale white colours.
- **Branded /character clothing:** It takes the attention away from the subject.
- **Consider your surroundings:** You don't want to turn into camouflage!
- **Avoid clashing colours:** For example, reds and pinks.

**Try and co-ordinate, not match. Remember that these family pictures could be on your wall for years to come, so natural, organic and classic styles are best suited.**

# pricing

## **LOTS OF CHOICE!**

There's a package to suit every family! Take a look to see what suits you best.

### **ESSENTIALS : £249**

The **Essentials Package** includes: A 45 minute photoshoot, 4 fully edited digital images, two 7 x 5 prints and an exclusive online gallery.

### **CLASSIC : £299**

The **Classic Package** includes: A 60 minute photoshoot, 8 fully edited digital images, two 7 x 5 prints, two 10 x 8 prints, exclusive online gallery and video presentation.

### **SIGNATURE (MOST POPULAR): £349**

The **Signature Package** includes: A 90 minute photoshoot, 12 fully edited digital images, four 7 x 5 prints, four 10 x 8 prints, exclusive online gallery, iPhone / iPad app and video presentation.

### **COMPLETE: £450**

The **Complete Package** includes: A 2 hour photoshoot, ALL fully edited digital images (25-30), USB presentation, exclusive online gallery, iPhone / iPad app and video presentation.

Digital **gift vouchers** are also available to purchase online.





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