

SPRING MINI SESSIONS

your session preparation guide



email

liz@liz-cook.com

call / text

(540) 455-1795

it's OFFICIAL!

We are all set for your upcoming photo session. I'm excited, I hope you are, too! On the next pages you will find a list of information and suggestions to help you be as prepared as possible for a successful field mini session.

I understand planning for and investing in a portrait session is a special service that not everyone chooses. I want you to know I appreciate you choosing and trusting me to provide you with images you will love for years to come. I promise to provide you with my best efforts and care to ensure you will truly enjoy this experience!

Please peruse the information and let me know if you have any questions. You can email, call or even text me anytime! (Text is easiest for me to respond as quickly as possible.)

I'm excited!

-- Liz

PLEASE NOTE: The field is located on the back property of a church, located about 2 miles from the studio. Please use the address 2361 New London Road, Forest, Virginia 24551 to locate the field behind the building.

SESSION *success*

A few simple tips for a successful portrait session

relax, relax, relax

If mom and dad are anxious, the kids may be anxious, too. If everyone looks at the camera and smiles big on the first try - great! If you have one or two littles who refuse to look at the camera - NO worries. This means we can PLAY!

really, let's have fun!

You may not be used to playing, snuggling, laughing and walking around during a family portrait session, but acting naturally really makes for the best pictures.

let the children lead

Both you and your kids will start feeling natural faster if we show them that this can be a fun time. Let's start the session by following the kiddos and letting them to their thing first. Then we can work into the posing and "all-smiles" shots. Kids will have fun if you're having fun!

get comfortable

Have FUN with the people you are with. Don't be afraid to laugh, it makes for the best easy-going shots!

turn it up a notch

I always say it's OK to turn up your snuggles, giggles and smiles. Just like wearing make-up for the camera, it may seem like you've got a little too much going on, but it comes across as the perfect amount in-camera!

trust me

Don't worry about the posing or smiling of others, only yourself. If you feel uncomfortable with someone, tell me. You paid a professional so you can relax!

most of all, enjoy yourself!

WHAT *to* WEAR

Choosing your Portrait Session clothing is one of the key elements to creating great imagery, and I want to do everything in my ability to help guide you in this process.

avoid black & white

If possible, avoid wearing solid black or solid white tops in your portraits, especially together. They don't photograph well and can come across outdated.

neutral tones are best

I personally recommend looking for pieces that are in a neutral color palette. The field is most welcoming for soft color tones such as cream, gray, and blush. If you are choosing a darker color, look for deeper tones such as navy, hunter green, or burgandy.

I highly advise staying away from brighter colors, such as those in the bright red & orange range, as they reflect intense color casts that can affect the color tones in your images and on your skin.

add dimension with layers

The most important thing that you can do is select solid colors that *layer* well, such as knits and linens. Shawls and cardigans are great for this, and you may even consider including a lacey piece. Layering clothing can add texture to your images which brings in a timeless and classy feel to your portraits.

careful with patterns

Any chosen prints, such as small polkadots or thin stripes, should be minimal and soft. I recommend staying away from clothing with any logos or words on them, as they can be very distracting in the photographs.

let's not forget the guys

I recommend that the gentlemen in your pictures wear a color that compliments what the ladies are wearing. I recommend a jean or khaki pant, with a fitted knit or button up top. If possible, avoid polo shirts as they can be unflattering. Try to avoid logos, words, or busy patterns.



PREPARING *the* KIDS

A quick note about preparing your children for your session

During these sessions, a lot of clients want to be of help during their children's solo portraits, which I am so thankful for! However, it often looks a little like mom and dad behaving oddly, making loud noises, and putting a lot of pressure on their child(ren). Because I love that my clients are so invested in their session and want to help, below I have listed a few different approaches that I think may go over a little better as I take on the fun challenge of photographing your children.

show your child(ren) i'm a friend

Greet me with enthusiasm and give me a hug if you are comfortable doing so. SHOW your child that you trust me and that I am a friend of yours and a safe person. I will not bombard your child as soon as you arrive to your session and this is purposeful. I have found that when you don't pay attention to little ones, it's not long before they are trying to get your attention. :)

help me prepare

Before we begin, tell me about your child and their favorite things: toys, characters, etc. If they have a favorite rattle or lovey, bring it along and allow me to hold it, etc.

no pressure

Don't push your child to cooperate or tell them to smile and look at the camera. Allow your child to approach me and interact with me at their own pace. When they do, step back at a distance and stay quiet and unnoticed.

be honest

Speak up if you think they aren't giving me their best smiles and you want me to wait a little longer for it. Or ask to interrupt me and show me how you get your child to smile, then take a step back and let me try. I may ask you to step in and help - but please wait for my request.

give us a little space

Let me interact with your child and have fun with them and watch their natural personality unfold from a distance while I capture them just as they are. Your child (and you!) will have a much more enjoyable experience!

relax and trust me!