



Studio sessions with the under threes

❖ Planning your Session

Prior to your session, start having a think about the type and style of photos that you'd like.

The best place to start is usually with the clothing that you'd like your child to wear – this will naturally lead on to thinking about colour schemes and the general feel of your finished photos.

We can accommodate several different styles and as many clothing changes as you want over the course of the session. The limiting factor being how long we can keep your little one interested and engaged - I usually find that two different outfits is plenty!

TIP: Through April to September, also consider taking a look at an outdoor session. These are less restrictive for this age group, giving them more freedom to move around rather than having to stay positioned in front of a studio backdrop.

Under Threes' Checklist

Content : Do you simply want photos of your child on their own or would you also like to include some photos of mum/dad/other siblings with them?

Colour schemes : Are there any particular colours that you'd like to feature in your images and just as importantly are there any colours that we need to avoid?

Props : Are there any specific props that you'd like to include?

Themes : Is there a theme that you'd like to incorporate into some of your shots?

Style : Do you have a preferred style for your photos? Eg : bright and colourful | black & white | soft pastels

Essential photos : Are there any 'must have' shots that you'd like to get out of your session?

Take a look at my portfolio page for ideas and inspiration and also feel free to show me examples of anything else you've seen that you'd like to include.

❖ Before your session

Once you've decided on the style and type of photos that you want, I'll prepare an outline plan for your session so that you have an idea of what to expect.

Most props will be supplied ready for your use, but if you'd like to include any items of your own, make sure that you have them ready so that they're close to hand for you to pack on the day of your session.

❖ On the day of your session

The key with this age group is maintaining their attention and keeping them engaged in what's going on, so wherever possible, try to arrange your appointment for a time of day when they're least likely to be tired, hungry, distracted or agitated.

At this age most children will still be too young to take any sort of proper direction, so be prepared to spend a lot of time picking them up and leading them back to where we need them to be.

I always keep a stock of bubbles handy as an attention grabber for this age group but it's also a good idea for you to bring a toy or a game to hold their attention. Favourite toys are best kept concealed until they're needed though, otherwise they can become an attention grabber of the wrong kind!

❖ During your session

While your little one is still finding his/her 'walking legs', these sessions are fun, casual and often slightly chaotic! Children of this age group are unable to take direction for poses, so it usually falls to mum or dad to keep guiding them back to the appropriate area and attracting their attention towards the camera.

My approach with this age group is to let the children relax, enjoy and be themselves without pressurising or forcing them to do anything. All the while, I'm there ready with the camera to catch that split-second when they look or pose 'just so' for the perfect photograph.

Please remember that they call it the 'terrible twos' for a reason, so if we happen to find ourselves at the mercy of a temper tantrum during your session, don't worry! It's certainly not unheard of with this age group and you won't be the first.

We can always take a little break and carry on again when things calm down.

You should allow up to an hour for your photoshoot, but wherever possible I aim to complete these sessions in around 45 minutes. Any longer than that tends to be a bit too much for this age group's attention span.

For more information and examples of family photography, please visit :

www.sarahleephotos.com/children