



HOW TO PICK YOUR FAMILY PHOTO SESSION STYLE

Farrah Sanjari's Quick Tips

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Choosing the right session style can feel a bit overwhelming, but it's all about finding what makes your family feel comfortable & captures who you are. Whether you're drawn to a lifestyle vibe or a more traditional posed look, here's how to figure out what might work best.

LIFESTYLE VS. POSED PHOTOGRAPHY

Lifestyle sessions focus on capturing candid, in-the-moment shots. If your family thrives on a bit of chaos (in the best way) and loves the idea of photos that tell a story—like baking together or playing outside—this style is ideal. Posed sessions are more structured, focusing on classic portraits with everyone looking at the camera (or at least trying to!). This style works well for formal occasions, like holiday cards or framed family photos for the wall.

INDOOR VS. OUTDOOR

Indoor sessions create cozy, intimate vibes—perfect for newborn snuggles on the couch or festive holiday minis. They offer a controlled environment without the need to worry about weather.

Outdoor sessions take advantage of natural light and scenic backdrops, like fall foliage, spring blooms, or winter snow. If your family enjoys exploring or has a favorite outdoor spot, this setting adds a personal touch.

TAILOR THE SESSION STYLE & ENVIRONMENT TO YOUR FAMILY

If your little ones love to run around, an outdoor lifestyle session lets them explore and move freely, creating lots of great moments to capture.

If your kids tend to be shy or easily overwhelmed, an indoor session might feel more comfortable and familiar. A cozy environment can help them ease into the experience.

FACTOR IN WHAT YOUR PHOTOS ARE FOR

Holiday Cards or Announcements?

Posed sessions or quick minis are often the best fit, making it easy to get that polished, picture-perfect shot.

Everyday Family Memories? A lifestyle session captures real moments and authentic interactions that reflect your family's unique personality.

At the end of the day, the most important thing is that your photos feel like you. Whether you lean toward a structured posed session, a playful lifestyle shoot, or a mix of both, the goal is to make the experience enjoyable & relaxed for everyone.