



TIPS FOR KEEPING YOUR LITTLE ONE ON BOARD DURING YOUR PHOTO SHOOT

Farrah Sanjari's Quick Tips



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Getting kids to cooperate for photos can be a bit of a challenge, but with a little preparation (and a lot of patience), it's totally doable! Here are some helpful strategies to keep things running smoothly and capture those sweet, happy moments without the stress.

KEEP IT FUN & PLAYFUL

If the session feels like playtime instead of "picture time," kids are much more likely to stay engaged. Playing games, telling jokes, or even dancing can loosen everyone up. Fun prompts like "Show me your best dinosaur roar!" or "Let's all jump on three!" not only make things enjoyable but often result in the best, most natural photos.

DON'T WORRY ABOUT PERFECTION

Things can get a little chaotic, and that's totally okay. Some of the best moments happen between the planned shots—those silly, spontaneous moments are often the most meaningful. If everyone isn't smiling perfectly at the same time, it's no big deal. Embracing the imperfections usually leads to the most authentic photos.

GO WITH THE FLOW

Kids have their own rhythms, and it's best to roll with it. If they need a break to explore, cuddle, or reset, that's okay. Forcing things rarely works and can lead to frustration, so it's more productive to match the session to their energy. Some kids jump right in, while others take time to open up—either way, flexibility is key.

PRAISE & POSITIVE REINFORCEMENT

Compliments during the session can help boost kids' confidence. Simple phrases like "You're doing amazing!" or "I love that smile!" can make a big difference. If a child is feeling shy, giving them time to warm up at their own pace ensures they feel comfortable and ready to engage.

SNACKS & TREATS SAVE THE DAY

A small, mess-free snack (like cheerios or fruit snacks) can work wonders if a quick energy boost is needed. Offering a fun reward afterward, like a trip to the playground or ice cream, can also keep kids motivated. A little incentive goes a long way!

BRING A SECRET WEAPON

A favorite toy, book, or blanket can be a great comfort if a child needs a little extra security. These items also make for some cute, personalized shots. If there's a song, sound, or game that reliably makes them laugh, it can be a great tool to keep smiles coming naturally.

STAY RELAXED & ENJOY THE MOMENT

It helps when parents stay calm and let things unfold naturally. Kids are quick to pick up on stress, so keeping a light mood makes a big difference. When adults stay relaxed, kids tend to follow suit, creating the perfect environment for genuine moments to shine.

The goal is to capture your family as you are, so don't stress if things don't go exactly as planned. Some of the most memorable and meaningful photos happen when things get a little messy—that's where the magic lies!