



TIPS FOR PREPARING LITTLE ONES FOR YOUR PHOTO SHOOT

Farrah Sanjari's Quick Tips



@FARRAHSANJARIPHOTOGRAPHY

Getting kids ready for a photo session can feel a bit like herding cats, but it doesn't have to be stressful! With a little preparation and flexibility, the experience can be smooth—and maybe even fun.

HYPE IT UP LIKE IT'S AN ADVENTURE

Talk about the session in an exciting way leading up to the big day. Saying something like, "We're going to play outside and meet a new friend with a camera!" can help set a positive tone. If your kids are older, letting them in on the plan or showing them where the session will take place can build excitement and ease any nerves.

LET THEM BE THEMSELVES

Trying too hard for the perfect pose can add unnecessary pressure. Kids tend to shine when they can just be themselves, whether that's running around, giggling, or needing a quick cuddle. Allowing them space to relax and play often leads to the most genuine and joyful photos.

BRIBERY WORKS WONDERS (NO JUDGMENT!)

Smart snacks, small toys, or treats can work wonders—just make sure they aren't messy or likely to stain outfits. Fruit snacks or mini marshmallows are great options. A planned post-shoot treat, like ice cream or a playground visit, can also keep kids motivated. Reminding them, "Just a few more photos, and then we get ice cream!" can work like a charm.

TIMING IS EVERYTHING

Try to schedule the session at a time when your kids are happiest—whether that's in the morning after breakfast or post-nap in the afternoon. Avoid scheduling right before naps or meals, as tired or hungry kids tend to be less cooperative (& honestly, who can blame them?).

BRING COMFORT ITEMS

A favorite stuffed animal, blanket, or toy can offer comfort and help kids feel safe, especially if they're shy at first. These personal touches can also be incorporated into the photos, adding extra meaning to the session.

DRESS FOR COMFORT & FUN

Make sure outfits are comfortable and easy to move around in—nothing itchy or too tight. When kids feel good in what they're wearing, they're more likely to cooperate. It's also helpful to let them have a say in their outfit. If your child insists on wearing sparkly shoes or their dinosaur hoodie, it's often better to roll with it. Those little quirks bring out their personality, which makes for the best photos.

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!