
SESSION PREP GUIDE

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PHOTOGRAPHY





Thank you for choosing us to capture these special moments in your life. We're excited to work with you and want to ensure that your photo session is as enjoyable and stress-free as possible. This guide has been designed to help you prepare, so you feel confident and relaxed when it's time to step in front of the camera.

Our goal is to create beautiful, lasting memories that you and your loved ones will cherish for years to come. We're here to assist you every step of the way, so please don't hesitate to reach out with any questions or concerns. Let's make this experience unforgettable!





When selecting your family's outfits, we suggest choosing mid-tone solid colors and simple patterns. While there are no strict rules for styling your session, keeping things classic and understated allows us to create timeless pieces of art that your family will cherish for generations. Our aim is to keep the focus on your beautiful family.

If you have any questions about styling, we're here to help you find the perfect outfits for everyone! Instead of having everyone wear the exact same outfit, like white t-shirts and jeans, consider incorporating different textures and accent colors to give each person a touch of individuality. A

favorite option of ours is to have one person in a multicolored plaid or a subtle floral, while the rest of the family wears coordinating colors from the same palette. We're always happy to assist with outfit recommendations!

The day before your session, it's best to avoid foods that are high in carotene, like sweet potatoes, squash, pumpkin, beans, egg yolks, corn, and carrots. These foods can give your skin an orange tint, which we want to avoid. Additionally, steer clear of foods that are high in fat, salt, or sugar, as they can cause bloating. Our goal is for you to feel your absolute best so that you can be as comfortable and confident as possible!



Stay hydrated! Be sure to drink plenty of water the day before and the day of your session. Staying hydrated not only helps you feel your best but can also improve your sleep the night before. We know it can be challenging to get a good night's rest, especially for parents and little ones, but this is just one more way to help everyone feel prepared and refreshed for your photos!



Newborns

As your session approaches, we'll aim to schedule it for a time when your baby is typically napping. If your little one is already in a routine, we'll do our best to align the session with their usual sleepy time!

If possible, try to wait to feed your baby until right around the time we're scheduled to start, whether it's at the hospital or at home. A full baby is more likely to be a sleepy baby, which makes for a smoother session.

And please, don't worry if your baby cries—we're fully prepared for it! If we pass the baby back and forth a bit, they may smell you and want to stay close, which is perfectly natural. As a mom of three and a photographer of newborns since 2019, with experience as a daycare teacher in infant and toddler rooms, I understand how to soothe your sweet baby to sleep. So, please don't feel guilty or stressed if your little one cries at first—it's completely normal!

Maternity

I highly recommend maternity shapewear to all of my mamas. There are many styles available online, and I personally love the ones that resemble tall panties! I used this for my own maternity session, and as a plus-size mama, I truly believe it's beneficial for everyone. It helped make my belly look beautifully rounded and flattering!



Milestones

We absolutely LOVE it when you bring personal items to your session! Whether it's a sign with your child's name or their favorite toy, we'd be thrilled to include it. We have a blast with props and love finding creative ways to use them!



Seniors

We highly recommend that your senior plans multiple outfits for their session! Great options include any uniforms from sports they play, choir or band attire, and their varsity jacket. A semi-formal outfit is also a fantastic choice, perfect for professional business portraits! It's always fun to include a class t-shirt or a favorite band tee, too. And of course, any outfits they'd like to feature are welcome. We especially love it when seniors wear their cap and gown paired with one of their favorite casual outfits!

Please bring anything that truly represents your senior! Whether it's athletic trophies, academic awards, items related to their favorite hobby or cosplay—whatever makes them unique! And don't forget to pack the appropriate shoes and accessories for each outfit as well.

Thank you so much for taking the time to read through all of this information. Our goal is to ensure you're as prepared as possible for your session. If you have ANY questions, please don't hesitate to reach out. No question is too small or too silly, and whether it's your first session or we've worked together before, it's perfectly okay to ask anything. We're here to support you every step of the way. You're the reason we do what we do, and we're incredibly grateful that you've chosen Paige Fisk Photography to capture these special moments for your beautiful family. We love you and can't wait to see you soon!

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