

LORNA KNIGHTINGALE PHOTOGRAPHY

SESSION PLANNER
2022



SESSION PLANNING

THANK YOU

Firstly, thank you so much for booking me to be your Family Photographer. I have compiled this pdf in aid of helping you plan your family photoshoot with me.

I aim to capture beautiful images that truly expresses your love for your family. If at your core, your family is funny, warm, zany or quiet, reflective or emotional, this should be evident when we look at your images later. The photos will express your joy, romance, thoughtfulness, etc., whatever you show up with on the day.

PREPARING CHILDREN BEFORE SESSION DAY

Encourage your child to take photographs of their favourite toy, or you together, take a selfie, this will show them that this can be a lot of fun. Say only positive things about having your own photo taken because if you are okay with it, they will have no reason to fear the camera.

It's a good idea to let them know that you'll be meeting me on the day of our session, chat about us having a nice walk and look for ladybugs or pixies etc. rather than focus on the photo-taking aspect. Please don't offer a post-session reward for "good behaviour," it often backfires when kids long for the reward and wish the photoshoot over with, and sometimes even refuse to participate in the hope it will end the session sooner! Consider the time you are spending together as a treat.

Make sure everything is planned out beforehand, and everyone is feeling well and rested.

HOW LONG WILL A SESSION TAKE?

We will meet up for either a sunset or morning session. Expect the session to take up to two hours. Arriving late may affect the light in your photographs and reduce the time we have together. Please be on time as you'll want to relax and get comfortable in front of the camera and your little one may need a break at some point.

TIME & PLACE

LOCATION CHOICE

If we haven't decided on a location yet, don't worry! I have a link here for potential examples that may help you with making a proper decision. www.photographybylorna.com/locations
password - iknowplaces

THE TIME

The ideal time for your photo session is during the golden hour, which is about 60-90 minutes after sunrise or before sunset, and sunset sessions are my favourite. However, if your child would be overtired, we can have the early morning instead.

LIGHT

We don't need it to be bright and sunny for beautifully lit images, it's often hard on everyone's eyes so I avoid midday sun that causes unflattering shadows and squinting. On overcast days (like the image to your right), we can create fun movement images as the light is the same in all directions.

WEATHER

I will reschedule a session if it is raining, snowing or very cold. You don't want to remember how cold and wet you were each time you look at your photos. I make weather checks 48 hours in advance, I want you to be comfortable, and it's best we select a better day should the forecast be heavy rain. If it does rain on the day of your shoot, please don't worry, we will wait it out or find a new date.



WHAT TO EXPECT

GENUINE SMILES

When you arrive at the session, I will chat with your children and give them lots of attention. I want them to like and trust me, which will make them feel more comfortable. Any tips you can give in advance will help.

I encourage real smiles, and I want to see the joy in their eyes, genuine giggles! Sometimes a bit of silly joking, goofing and toilet humour helps, especially with little ones.

For this reason, I don't ask your children to smile for the camera or say cheese, I avoid this, I would prefer a genuine pouty face than a fake smile.

NATURAL POSES

Lots of people don't like having photographs taken, so I encourage natural, unposed photographic sessions. I believe in capturing authentic connection through play, and this approach creates much more appealing and loving images because you can be yourself.

I may place you in pretty light, and encourage a few positions, so we don't get a massive foot in the frame, I can pose you like a model if you like, other than that I encourage you to play, tickle, twirl and tell stories.

You can look at my camera from time to time, although it is not necessary at all! Look at your family, have fun, that's more natural and lovely for everyone.

If you want a shot of everyone looking and smiling at the camera, let me know, this is okay. During these group shots, there may be only a second when your child is looking at the camera, so allow me to get their attention when needed. I will ask you for help sometimes, but we don't want photos of you pointing at me. Instead, usually engage with your child,

"I am Seren and I am 4.
I have cerebral palsey.
I have just learned to walk
and I fell and chipped
my tooth practicing!"



"My mum said that I
totally rock this look!"
"We took photos to
remember it because I
am fearless, and I will
keep on trying."

MAKING MEMORIES

STAY POSITIVE

Having a great time creating your portraits is just as important as the photographs themselves. Think of your session is a fun outing together.

Kids attention spans are short, and it is natural for them to keep wanting to do different things so they don't get bored. I may ask you to help from time to time, sing a song etc. If you think your child is misbehaving, It's best to stay positive as telling them off will usually lead to tears. I prefer to change the activity several times and find a way to make them happy! Should a mini-meltdown happen, we simply take a break and recharge.

I find positive reinforcement & encouragement helps everyone relax, so I never ask kids to smile, be "good", use bribes or put pressure on them, as this is likely to spark a rebellion!

You want lovely photographs, and your kids want to play. We can do both!

Let me guide you all, let's take our time, relax and roll with it! We are photographing children, and they are crazy, wonderful and unpredictable. I will help you create beautiful portraits and leave you all with a positive photoshoot experience.

*"We didn't realise we were making memories,
we just knew we were having fun!"*

- Winne The Pooh

Passion and patience are my superpowers! Let's make this fun so that every time you see your portraits, you will remember the great time you had that day

Love Lorna X



THINGS TO REMEMBER

WHAT TO BRING

You won't need much, and we may need to walk a little way to our location spot (this might be muddy), and you don't want to carry too many things. Here is a list of things you may need:

- * Milk if you're bottle-feeding
- * Wet wipes or tissues for hands and runny noses
- * A change of outfits/accessories for different looks just in case something looks wrong and in case of accidents. Shoes for walking to the location, and your pretty shoot shoes.
- * A favourite toy if it's photogenic. If it is not a pretty item, please leave it in the car or there is a chance it will be in every shot!
- * A drink and a snack

FOOD & DRINK

Kids run out of energy, and it's a good idea to have a healthy and fast snack to hand like cheese or a banana. I often bring apples to a shoot because they look great in the shot and kids love them!

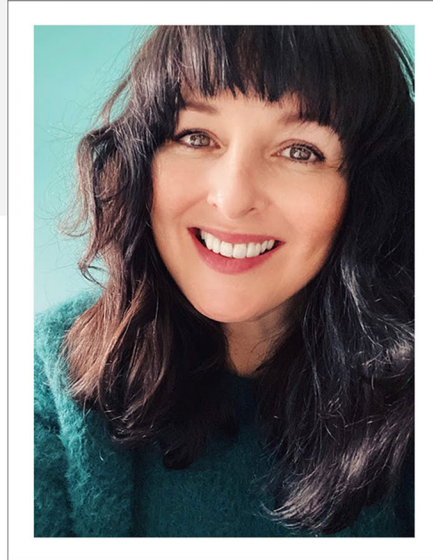
In my experience, It's best to avoid junk treats that come in a packet, especially crisps or chocolate buttons, as they can take ages to eat and mess up clothes and teeth.

Too often, the result is 20 minutes of sucking or chewing expressions.

SAFETY

Please remember that the safety of your children is your responsibility at all times during the session. I will never take your child out of your direct sight to photograph them alone. I only photograph animals/pets with kids that they know well. If there are any areas of concern at a particular location, I will let you know.

Thank You!



If you would like to see any of the products I have available, you can see some great examples on my Instagram feed at [Lorna_Knightingale](#) and also my website.

If you are buying a gift and would like to see them in person, please call me, and we can make an appointment for you to view the samples. In the price list, all underlined sizes are the samples size. These I have in the studio to show you. I don't carry every product in every size, however I do have examples of the most popular ones.

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