

SESSION GUIDE

Family Photography







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WELCOME

Hi there!

I'm so glad you've landed here—and even more excited that you've chosen to capture this chapter in your family's story with me!

Family portraits are so much more than pictures. They're the laughter that becomes a framed memory on your wall, the tiny details you'll want to remember years from now, and the legacy your children will one day hold in their hands. These aren't just photos; they're heirlooms in the making.

My goal is to make the entire process simple, stress-free, and enjoyable for everyone—from curious toddlers to camera-shy grown-ups. This guide will walk you through everything you need to know: what to expect during your session, tips for choosing outfits, and how to help your kids (and yes, adults too!) feel comfortable in front of the camera.

Whether this is your first family session or your tenth, I'll be here every step of the way to make sure it feels easy, natural, and meaningful.

Let's create something beautiful together.

With warmth,

A handwritten signature in black ink that reads "Lori". The signature is fluid and cursive, with a large, sweeping "L" and a stylized "ori".

Stellavate Photography





ABOUT ME



INSTAGRAM.COM/STELLAVATE



@STELLAVATE



INFO@STELLAVATE.COM

Hi, I'm Lori, and I'm so glad you're here.

I'm a family photographer who's passionate about capturing the real, raw, and beautifully unscripted moments of everyday life. My goal is to document your family just as you are—no stiff poses, no forced smiles, just honest connection and genuine emotion.

I've been a professional photographer since 2013, and a hobbyist long before that. I believe that photos are an important part of preserving life and history. The most meaningful photographs come from authentic moments. The messy, magical, in-between moments are what tell your story and that's what I'm here to preserve.

When I'm not behind the camera, you'll usually find me hanging out with my two teenagers or adventuring around the island, probably with a hot chocolate in hand and my camera nearby.

I can't wait to document your story.

- Lori



OUR PHILOSOPHY

I believe that family portraits should be as meaningful as they are beautiful.

In today's busy world, it's easy to let time slip by without pausing to document the people who matter most. Our sessions are designed to create space for that pause, to celebrate your family just as you are, in this season of life.

Our approach combines gentle guidance with natural connection. I'll help with posing, wardrobe consultation, and location selection while also creating an environment where real emotion can shine through. Whether it's a playful smile, a loving glance, or a quiet cuddle, I aim to capture images that feel true to your family and timeless for generations to come.

I'm not just taking pictures. I'm telling your family's story—one beautiful frame at a time.

WHAT TO EXPECT

This isn't about stiff poses or forced smiles. It's about capturing your family's natural connection—those sweet, silly, in-between moments that reflect who you really are.

Sessions are ideally scheduled around soft, flattering light—typically in the late afternoon or evening (close to or during golden hour) but can be done any time of day. Low-sun provides a dreamy glow and gentle shadows that make images feel warm and timeless.

The Flow of the Session

Your session will be a mix of light direction and natural interaction. I'll guide you into beautiful light and meaningful compositions, then prompt relaxed, candid moments.

If you choose, you can bring along activities and do a more **documentary based session**. This session is more active and less camera-aware. It's up to you! whatever you decide, I'll move at your family's pace and capture everything that unfolds while providing light direction.

My job is to watch for and help create real emotion and connection, and to capture it naturally unfold.

Session Length

Mini sessions are 30 minutes and a typical session is 60 (though sometimes less for younger littles with a shorter attention span). This gives us plenty of time to settle in, get to know each other, and connect. It's enough time for genuine moments to emerge without anyone feeling rushed or overwhelmed. If I need to pause for snacks, snuggles, or a reset, that's part of the flow.



BEACH SESSIONS

Preparing for Your Session

Embrace the Natural Setting. The beach offers a dynamic backdrop with its ever-changing light, textures, and sounds. Allow yourselves to engage with the environment—feel the sand beneath your feet, listen to the waves, and let the breeze tousle your hair.

Let Moments Unfold Naturally. There's no need to pose. Whether it's building sandcastles, chasing waves, or sharing a quiet moment, these unscripted interactions are the heart of documentary photography.

Prepare for the Elements.

- Sunscreen: Apply before the session and bring extra for reapplication.
- Hydration: Bring water to stay refreshed.
- Towels/blankets: Useful for drying off or sitting on the sand.
- Snacks: Light, non-messy snacks can keep kid energy levels up.



PARK SESSIONS

Preparing for Your Session

Set the Scene, Then Let Go. Parks are perfect for letting your family's personality shine. Come ready to explore, play, and wander. We'll follow your natural rhythm.

Go With the Flow. There's no pressure to stick to a plan. If your kids want to run wild, dig in the dirt, or pick every flower they see—that's the session. These real, joyful, chaotic moments are what make the story yours.

Pack Light, But Smart.

- Sunscreen and bug spray: Apply beforehand and bring along.
- Water: Stay hydrated—play is thirsty work.
- Wipes or napkins: Great for muddy hands or messy faces.
- A simple snack: Something easy to eat and not too sticky if energy dips.

And finally, **Let Kids Be Kids!**

ACTIVITY SUGGESTIONS

Beach Activities

1. Building sandcastles
2. Collecting seashells
3. Flying a kite
4. Beach scavenger hunt
5. Jumping waves
6. Digging holes in the sand
7. Drawing in the sand with sticks
8. Tug-of-war
9. Beach blanket picnic
10. Playing frisbee
11. Beach volleyball
12. Collecting driftwood
13. Skipping stones
14. Playing tag
15. Beach yoga or stretching
16. Playing musical towels
17. Collecting sea glass
18. Playing catch/beach ball
19. Having a water balloon toss
20. Building a driftwood fort
21. Beach picnic
22. Beach clean-up
23. Duck, Duck, Goose
24. Family race
25. 3-legged race

Park Activities

1. Playing on a playground
2. Playing tag
3. Having a picnic
4. Flying a kite
5. Playing catch with a ball
6. Blowing bubbles
7. Drawing with sidewalk chalk
8. Playing hopscotch
9. Riding bikes or scooters
10. Playing hide and seek
11. Collecting leaves or flowers
12. Having a nature scavenger hunt
13. Building a fort with sticks
14. Playing frisbee
15. Having a sack race
16. Playing a three-legged race
17. Jumping rope
18. Having a wheelbarrow race
19. Playing "Duck, Duck, Goose"
20. Exploring a park trail
21. Having a water balloon fight
22. Having a relay race
23. Playing a game of leapfrog
24. Having a tug-of-war
25. Having a hula hoop contest



ON-LOCATION SESSIONS

On-location sessions are designed to capture your family doing something you love, somewhere that holds meaning. It's not about the activity itself—it's about the moments that unfold while you're in it together.

These sessions are flexible, immersive, and full of life. You pick the place, I come along for the ride. I'll follow your lead, quietly documenting the little glances, laughs, and interactions that happen naturally.

What to Expect

- No posing. Just your family being yourselves in a real-life setting.
- We'll go at your pace. Whether we wander slowly or chase toddlers through a splash pad, I'll adapt to your rhythm.
- I'll be a quiet observer, stepping in only if needed

On-location sessions are perfect for families who want storytelling-style photos that go beyond the frame.

LOCATION SUGGESTIONS

If you decide on an on-location session, choose a location that would encourage family participation and enjoyment among all family members!

- | | |
|------------------------------------|-----------------------------------|
| 1. Ice cream parlor | 1. Library story time |
| 2. Coffee shop or café | 2. Carousel or fairground |
| 3. Local farmers market | 3. Indoor play café |
| 4. Favorite bookstore | 4. Mini golf course |
| 5. Breakfast diner | 5. Nature center |
| 6. Pizza night at a local joint | 6. Record store |
| 7. Food truck plaza | 7. Vintage or thrift shop |
| 8. Donut shop | 8. Local bakery |
| 9. Grocery shopping trip | 9. Hardware store |
| 10. Family lunch spot | 10. Bike shop |
| 11. Botanical garden | 11. Public transit ride |
| 12. Local hiking trail | 12. Community recreation center |
| 13. Flower farm or U-pick garden | 13. City plaza or downtown stroll |
| 14. Community garden | 14. Ice rink or roller rink |
| 15. Forest walk | 15. Car wash |
| 16. Lakeside dock | 16. Grandparent's house |
| 17. Apple orchard/pumpkin patch | 17. Friend or cousin's house |
| 18. Christmas tree farm (seasonal) | 18. School pick-up or drop-off |
| 19. Riverfront picnic | 19. Sports game or practice |
| 20. Berry picking farm | 20. Family church |
| 21. Zoo or petting farm | 21. Dog park or walk |
| 22. Aquarium | 22. Local fishing dock or pier |
| 23. Children's museum | 23. Parade or local festival |
| 24. Indoor trampoline park | 24. Street art walk |
| 25. Local toy store | 25. Playground |



STYLE GUIDE

Find your style

This guide is here to help you feel confident, prepared, and stress-free heading into your family photo session.

Whether you're dressing toddlers, coordinating colors, or just hoping everyone smiles at the same time, this will walk you through what to wear, what to bring, and how to make the most of our time together.

Remember:
it's not about perfection,
it's about connection.

STYLE TIPS

- ✗ **Avoid bright White.** It can blow out in bright light or reflect too harshly.
- ✗ **Avoid Solid Black.** It can lose detail or feel too harsh in the outdoors.
- ✗ **Avoid Neon or bright Colors.** They Distract and pull focus from faces.
- ✗ **Avoid Matching Outfits.** Matching from head to toe can feel dated and overly uniform.
- ✗ **Avoid Busy Patterns.** Loud or large-scale patterns can distract and distort on camera.
- ✗ **Avoid Logos & Graphics.** Bold logos, cartoon characters, or words draw focus away from connection.

- ✓ **Try** off-white, ivory, or cream for a softer, timeless look.
- ✓ **Try** charcoal, navy, or deep earth tones for depth and warmth.
- ✓ **Try** earth tones, jewel tones, or soft pastels that flatter all skin tones.
- ✓ **Try** coordinating color palettes with variety in different textures and tones.
- ✓ **Try** to limit patterns to one person per group. Choose small florals, subtle stripes, or soft prints.
- ✓ **Try** solids, textured pieces in neutral or muted tones for a timeless look.





DETAILS

- ✓ Make sure your glasses are clean and glare-free.
- ✓ Avoid wide-brimmed hats that cast shadows on your face.
- ✓ Keep jewelry minimal to avoid distractions in the photos.
- ✓ Make sure nails are clean; neutral polish or bare nails is best.
- ✓ Stick to natural makeup and avoid heavy or reflective products.
- ✓ Style your hair naturally and so it won't need constant fixing.



SEASON TIPS

STYLE GUIDE

Spring

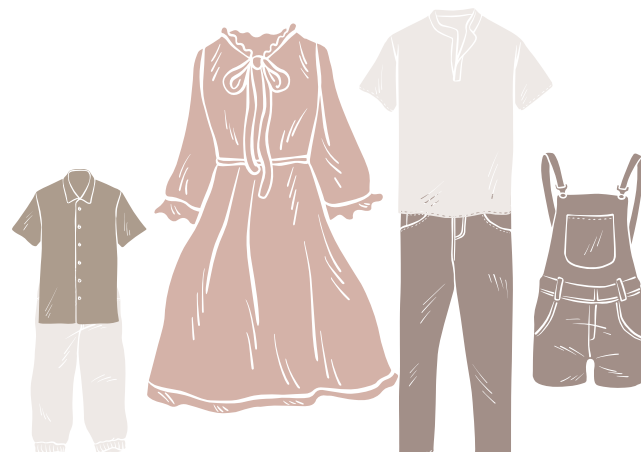


Spring sessions are all about light, softness, and natural freshness.

Choose breathable, natural fabrics like cotton or linen that allow for ease and movement—especially for kids who like to run and explore.

Layers are key during this season, as the weather can change quickly. Think light cardigans, shawls, or denim jackets in complementary tones.

Soft pastels like blush, sage, sky blue, and lavender work beautifully with the season's greenery and blossoms, while warm neutrals like cream or oatmeal keep things timeless.



STYLE GUIDE

Summer

Summer is the season for golden light, sandy toes, and flowing fabrics.

Opt for lightweight materials like cotton, or linen that breathe well and move beautifully in the breeze.

Choose silhouettes that allow you to stay cool like flowy dresses, rolled sleeves, or short-sleeved button-ups.

Keep layering minimal to stay comfortable in the heat, and go for barefoot, sandals, or light footwear, especially for beach or grassy sessions.

If your session is at golden hour, bring a lightweight extra layer for the cooler temps as the sun goes down.



STYLE GUIDE

Autumn

Fall is all about rich colors, texture, and cozy layering.

As the leaves change and the light softens, this is the perfect season for earth tones.

Think sweaters, long-sleeved dresses, boots, cardigans, and layered neutrals for a timeless, seasonal look.

Mix and match textures like denim, corduroy, knits, and flannel to add depth without overwhelming the frame.

Don't forget to dress in layers, especially for evening sessions, when temperatures can drop quickly.



STYLE GUIDE

Winter

Winter sessions have a quiet, cozy charm—but staying warm and looking polished is the goal.

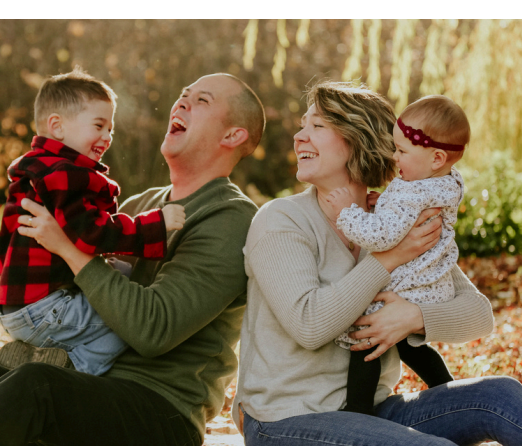
Layers are essential: think wool coats, thick knits, scarves, and stylish boots that allow you to stay comfortable and still look great.

Add texture through your fabrics. Faux fur, ribbed knits, and chunky sweaters look cozy and photograph beautifully.

Avoid oversized winter gear that might hide faces or flatten your outfits. Choose jackets that match your outfits.

Stick with a cohesive palette and dress in layers that look intentional.





BABIES

Choose soft, breathable outfits like rompers and stretch sets.

Avoid stiff collars, tight elastics, or anything that rides up.

Layer with cardigans or tights for changing weather.

Bring a blanket for sitting, wipes, snacks, and a backup outfit.

Feed and nap baby before the session. Calm = smiley.

Let baby explore. Those curious looks make magic.

KIDS

Let them wear clothes they can run, sit, twirl, and play in.

Stick to soft textures, neutral tones, and simple patterns.

Avoid logos, neons, or itchy fabrics that cause fussing.

Clean shoes or barefoot—skip character shoes if possible.

Pack wipes, water, clean snacks, and a hairbrush.

Don't hype it up. Talk about it like an adventure,

Play > pose. Movement brings out the best moments.

PROP SUGGESTIONS

Family sessions are all about connection, storytelling, and capturing your family just as you are. You don't need props to create beautiful images, but bringing along a few meaningful or playful items can add an extra layer of fun, comfort, or personality to your session.

Whether it's something sentimental, something that keeps the kids engaged, or something that reflects a family tradition or season, the right prop can help tell your story in a natural, relaxed way.

Here are a few ideas to inspire you:

- A picnic basket setup
- Family quilt or heirloom blanket
- A letterboard
- Handmade signs
- Musical instruments
- Bubbles or Balloons (muted colors)
- A vintage wagon or sled
- Jump ropes, sidewalk chalk
- Woven baskets with flowers
- A kite or hula hoops
- A beach bucket and shovel set
- Fishing pole (if by water)
- Camping mugs or thermos
- A skateboard, bike, or scooter
- A baby carrier or sling



POST-SESSION INFO

Thank you for allowing me to step into your world and capture your family's story. Now that our time together is complete, here's what you can expect next:

Image Curation & Editing

I'll carefully review every image captured during our session, selecting the moments that best reflect your family's story. Each selected image will be professionally edited to enhance its natural beauty while staying true to the authentic, documentary style.

Estimated Timeline:

You can expect to receive your final gallery within 2 to 4 weeks.

Gallery Delivery

Your images will be delivered through a private, online gallery where you can easily view, download, and share your photos with loved ones. You'll receive an email notification as soon as your gallery is ready.

Ordering Prints & Keepsakes

Looking for a tangible way to relive these moments? I offer a curated selection of high-quality prints, albums, and wall art. Your gallery will include easy options for ordering directly, so you can preserve these memories beautifully.

Stay Connected

If you loved your experience, I'd be honored to photograph your family again as your story continues to unfold. Don't hesitate to reach out for future sessions or special milestones.



PRICING



PACKAGE 1

\$250

1 HOUR SESSION
15 DIGITAL IMAGES
ONLINE GALLERY
ON-LOCATION



PACKAGE 2

\$250

2 HOUR SESSION
25 DIGITAL IMAGES
ONLINE GALLERY
ON-LOCATION



PACKAGE 3

\$250

3 HOUR SESSION
50 DIGITAL IMAGES
ONLINE GALLERY
HOME SESSION

PRINTS

5X7	\$20
8X10	\$48
11X14	\$55
16X20	\$90
20X30	\$120
30X0	\$200

ALBUMS

3X3	\$20
4X6	\$48
5X5	\$55
8X10	\$90
10X10	\$120
12X12	\$200

CANVAS

5X7	\$20
8X10	\$48
11X14	\$55
16X20	\$90
20X30	\$120
30X0	\$200

CHECKLIST

Wardrobe & Accessories:

- ☐ Coordinated outfits
- ☐ Backup outfit for baby
- ☐ Extra layers (jackets, tights)
- ☐ Neutral shoes or boots
- ☐ Hairbrush or comb
- ☐ Lint roller
- ☐ Touch-up makeup
- ☐ Chapstick or lip balm

Essentials to Pack:

- ☐ Baby wipes
- ☐ Tissues
- ☐ Snacks (low-mess options)
- ☐ Water bottles for everyone
- ☐ Clean-up bag
- ☐ Small blanket
- ☐ Comfort item for baby
- ☐ Toy or distraction

For Warm Weather:

- ☐ Sunscreen
- ☐ Bug spray
- ☐ Hat or sun bonnet for baby
- ☐ Extra water
- ☐ Cooling towel or fan
- ☐ Blotting Paper

For Cold Weather:

- ☐ Extra layers (mittens, scarf)
- ☐ Hand warmers
- ☐ Tissues for runny noses
- ☐ Lip balm for dry lips

For Rainy or Wet Conditions:

- ☐ Clear umbrella (looks great)
- ☐ Waterproof shoes or boots
- ☐ Towels for drying off
- ☐ Extra socks/shoes for after

Bonus Tips

- ✓ Feed kids before the session (avoid hangry meltdowns!)
- ✓ Remove phones, keys, and wallets from pockets, remove sunglasses!
- ✓ Don't forget to relax—connection over perfection.



STELLAVATE PHOTOGRAPHY



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