

B&F

HOW TO PREPARE
FOR YOUR MINI SESSION



What to expect *on the day*

Your session is going to be so much fun! Mini-sessions move quickly, but that's part of what makes them special. We'll make every minute count as we capture your family's real connection, laughter, and love.

We'll guide you through a mix of classic, posed shots and playful, candid moments so you get a beautiful variety of images. Think of it less like a photo shoot and more like 15 minutes of laughter, hugs, and togetherness - with a camera capturing it all!



What to wear

ideas

Look, we get it. Dressing yourself in the morning is tough enough when you don't have to stand in front of a camera and be your best self. Add having to dress a couple of kids and perhaps even your partner, and things can get a little complicated!

But the number one thing we want you to remember is that being comfortable is everything!

It's normal to want to shop for new fancy clothes to wear to a photo shoot, but usually the best route is to go with something that's tried and true.



- Wear something that'll keep you at the right temperature. No one is going to be comfortable with bare arms when it's cold, or in a sweater when it's hot!
- Avoid matching. Find complementary outfits that showcase a controlled variety of textures and colors so you can look good together without looking the same.
- If you DO feel like getting a little glammed up, do it! Just try to keep it as natural as possible, and make sure everyone can comfortably walk in their shoes!





- If you have anything in your wardrobe that is textured or billowy; fabrics that flow show up beautifully in photographs!
- Avoid starched, stiff-seeming garments that get crumpled in weird spots and need adjusting.
- Be careful with prints, logos, and bright colors as sometimes these detract from the most important parts of the photograph – you!
- Remember to keep cell phones, wallets, and keys out of your pockets. Feel free to put them in a bag, and we can carry it with us and keep it out of frame.



How to prep

When kids are involved, we've learned that every plan depends on their mood, energy, and curiosity. And that's okay! We'll roll with it and capture the magic in the in-between moments.

In the days leading up to your session, help your kids get excited about what's coming! Let them know we'll be playing, laughing, and having fun together - not just taking pictures. You can even plan a little treat or family adventure afterward to keep the excitement going. Think of it less like a bribe and more like a fun incentive - something to make the whole experience feel joyful from start to finish!



If your kids want to bring their favourite stuffed toy or wear their favourite rain boots, let them!

It'll only add to the authenticity of the shoot!



Little ones can sometimes feel shy in front of the camera, especially during fast-paced mini sessions. That's why we *highly* recommend parents join in the photos too! We completely understand the temptation to focus just on the kids, but having you join in makes a world of difference. Kids relax and smile more easily when they can play or cuddle with you, and it helps us capture a wider variety of genuine, connected moments you'll love.

Hot tip:

One day before the shoot, get all of your things ready and have them in the car. Give yourself lots of time to get to the location so you don't feel frazzled and rushed on arrival.

When a family shows up to a shoot having had to drive illegal speeds to get there, it sets the tone for a chaotic session. Allow plenty of time for showers, baths, grooming, and forgetting things!



So you want to bring *your pup*?

They are part of the family, after all! If you're arriving with your a four-legged-friend in tow, here are some things to consider first:

- Brush up on some commands and tricks to make sure they're on their best behavior.
- Make sure they've had lots of exercise beforehand so that they're calm and attentive when it's go-time!
- Pack treats, toys, and a lint roller.
- Give 'em a good brush beforehand!



It's all part of it

If you walk away after reading this and only remember one thing, let it be this: have zero expectations. Embrace what comes – the wind, the rain, the laughter, whatever unfolds. It's all about **YOU** and capturing your life exactly how it is on the day of your shoot – wrinkles, tears, joyous abandon, and all.

Throw your checklist out the window and know that magic will naturally unfold. When it does, we'll be there to capture it.





We can't wait to work with you and capture these special moments together! These are the memories you'll look back on for years to come, and we feel honored to help preserve this chapter of your family's story.

Thank you!

♡ Courtney & Angela