

# *cst photography, LLC*

## Child/Children Session Guidelines

**I am honored that you have chosen *cst photography, LLC* to photograph your child/children. I am passionate about capturing as many expressions as possible during our session. I want this experience to be fun and meaningful for everyone. Following is a list of guidelines that I believe will make our time together most productive.**

\*Please do not come early. I know you want to make sure you have plenty of time to get there, but don't plan to be there too early. The longer your children have to wait they may become frustrated. Although our session is based on time, I don't rush our sessions, so don't stress and feel rushed on my account. If our session is at your home, I will arrive at our scheduled time.

\*The least amount of people with you is better. Sometimes too much stimulation from others can be very stressful for the child/children. I want to capture the moments while your child is exploring the surroundings, so once we start, try not to direct your child (like "look here", "say cheese" etc.) unless I ask you to, it can be overwhelming. You will be with me throughout the whole session, but if you know your child does better without you around, let me give that a try.

\*It's hard to do I know, but, try not to coach the child/children on their smile the day of our session. They may already be nervous, so worrying about if their smile is good enough can cause extra anxiety, and we don't want that. I want to capture their natural smile. If there is a word or something that would make your child/children laugh, please let me know before we start. If I do need your assistance, the best place for you to stand is behind me. The child/children will then look in my direction.

\*Please check their little faces before our session to make sure it is free of any food, drink, runny noses and crusty eyes. We can clean up drool and runny noses as often as we need during session. Please don't use candy/snacks or drinks during our session. I can edit blemishes, bug bites, scratches etc. If a pacifier is necessary I can't take that out of the picture in post editing, so it should only be used if needed to calm the child. If a smash cake will be brought for the session, we'll do that last!

\*As a respect for our shoot, I strongly request that no one bring cameras, or takes photos on their phone. It is distracting for the child/children when someone is shooting over my shoulder. I understand that it's exciting and you want to share, but to ensure the integrity of the shoot, I would prefer the photos be from me. After all, that's what you are paying me to do.

\*Outfits can be changed as many times as you wish. Most session times allow up to 2 changes. It is important that the child/children be comfortable in the outfit(s) for the photo session. Keep in mind that a cute outfit doesn't matter if we have a miserable child. Simple patterns make for a less "busy" photo. The focus is on the child/children.

\*I have props I can bring. If there is a special theme you want, please let me know what it is at least the day before our session. If your child/children have special toys, stuffed animal, etc. bring it! If you have any sentimental objects you wish to have in the photos, I welcome them.

\*If you wish to have a pet photographed with your child/children please let me know in advance. The location may or may not allow pets.

\*If I see that the child/children are getting frustrated, irritated or restless, we will take a short break. We will redirect and continue. Less stress is best!

\*If you have seen a picture that you like please feel free to share it with me. I **will not copy** the picture, but we can use the idea for inspiration. I like to create and capture original, one of a kind, photos for you to treasure.

**I look forward to our photo session! If you have any questions or concerns PLEASE contact me. You can call or text me at 225-205-9137.**

**Thank you,**

**Cheryle S. Totten**