



5 ways to
**KEEP YOUR KIDS
SMILING FOR
FAMILY PHOTOS**

*How to avoid the meltdowns,
actually enjoy the photo session,
and get the pictures you want!*

Tips from Molly Wantland,
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You want a family photo that you can cherish forever.

One that you can frame and hang up in your home. A photo that your kids (and grandkids) keep for generations to come.

You're about to book your family photo session with a professional photographer but this feeling of dread creeps in:

What if you go through all of this trouble to make sure the whole family is clean, dressed, and ready to go... but when you get to the session, your kids are grumpy and refuse to cooperate?

Taking photos with young children and babies can be challenging. Our favorite little humans LOVE to throw us curveballs at the most inopportune times! (I know I'm not the only parent who has dealt with a meltdown in the middle of Target.)

But the good news is: There are ways to set your kids up for success on our session day.

After photographing literally hundreds of families with babies and young children, I know some tricks. Here are **5 ways we can create a happier, less-stressful photo session:**





#1 - BRING SNACKS

If your kids are “hangry”, they definitely won’t be in a great mood for photos. When everyone’s fed, they’re happier! Plus, snacks make a great reward to celebrate a successful photo session once it’s over! (This is my daughter and trust me - snacks always come in clutch)

#2- DRESS COMFORTABLY

Itchy, tight, or uncomfortable clothing can make your kiddo, well, kinda grouchy. Empower your toddlers or young kids: let them choose between 2 or 3 parent-approved options! Try outfits on BEFORE picture day to make sure they fit and feel just right.



#3- KEEP MOVING

Good news, mama - I keep kids busy when we are shooting. We're playing games, we're running, we're being silly! When I switch up the setting and allow your kids to move, it keeps them from getting bored - and they tend to forget they are being photographed!



#4 - TAKE BREAKS

If your child needs a moment to re-center, we will take it. I never want to push families past the point of having fun (because let me tell you - it will show in the photos). Know you can always ask for a moment if you need to address your child's need, change a diaper, or give a hug of reassurance - I get it, and I'll be watching for those moments, too.

#5 - RELAX!

Your kids are taking cues from you, so if you're relaxed and having a good time, so are they! If you are enjoying your family, I will get all the lovely shots I need and more.



The bottom line is: you don't have to make sure everything is perfect on picture day. Really.

We've come a long way from the stiff, posed, department store family photos. What I want to capture is your family as you are: authentic, playful, and loving. Come ready to be fully human and **HAVE FUN**.

So go ahead - book that session with confidence because whatever happens that day, you'll have a cherished memory that captures your family just as you are. And that's what matters.