

# *Family Sessions*

## What to wear guide



Slept in Daisies Photography



**slept in daisies**  
p h o t o g r a p h y

# First of all:

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# Be yourselves

When it comes to what to wear on the day of the shoot, I know it can be quite tricky to choose the best outfit and it's easy to get lost. That's why I created this guide, to help you choose the pieces out of your wardrobe that work best for yourselves and in the photos!

If you have questions about anything or would like to send me some of your outfit choices before the shoot, I'm more than happy to help! You can also dress in layers for a greater variety or bring 3-4 options and we pick together!

If you would like to wear two different outfits, maybe a casual and a more dressed up one, we can do that, just bear in mind that changing takes time so we might have less time for the photos and depending on the location you might need to get changed in the car or outdoors.

Remember, this is only a guide, in the end you have to feel 100% comfortable in what you're wearing, and if you're happy in a bright pink tutu, so am I! This is all about you. :)

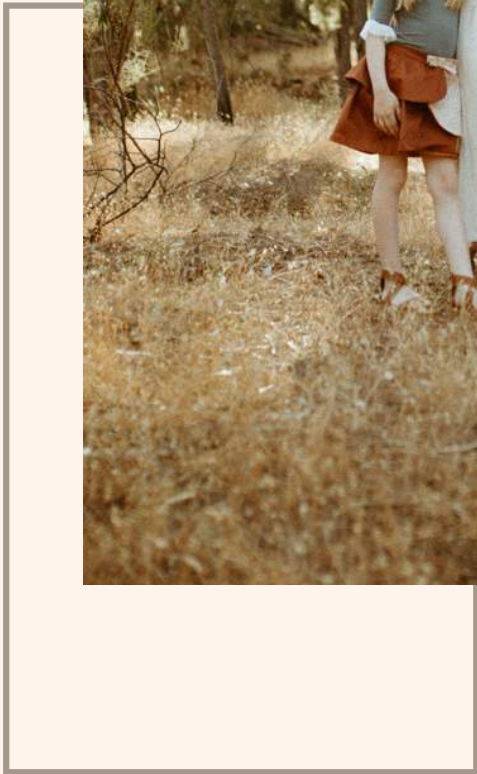
The next pages are here to give you some info and inspiration when it comes to picking your outfit.

My photography is all about natural moments and authentic connection, so it's the most important thing that you feel comfortable in your outfits on the day. Go for something that feels natural, comfy and that allows you to move around and chase your kids!





## Colours & Tones





# When it comes to colours, --- stay subtle

*Alright, so what about the colour palette?*

*I typically recommend neutral, earthy tones - which doesn't mean all you can wear is creams, browns or grays! In fact you're welcome to wear colours, soft forest greens, navy blues, deep reds, mustard yellows - yes yes yes yes! You can wear almost any colour as long as it's a subtle tone.*

*Bright, fluorescent colours tend to distract from your faces and the background though, so I would stay away from them.*





# Matching vs. Complimenting

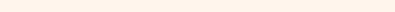
When your clothes are too matching, e.g. if you all wear a white shirt and blue jeans, you tend to blend into each other and just look like a big blob in the photos - we don't want that! Similar colours or different shades are fine though, or having one of you wear a light shirt with dark pants and the other vice versa! I would avoid to go all white or all black.

Mix colours that go well together but aren't exactly the same.





## Logos & Patterns





# Go for small patterns & don't choose too many

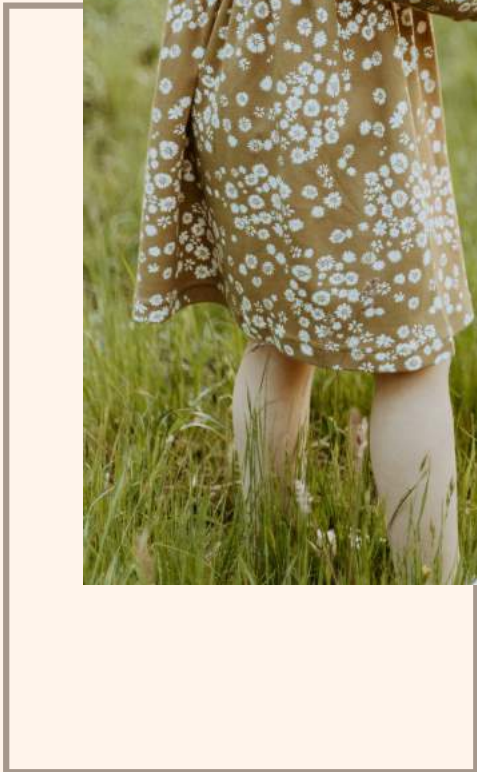
Big, loud patterns tend to draw attention towards them, so I prefer subtle patterns (e.g. florals or stripes) if at all and would usually recommend only one or two of you wear patterns (three if it is a bigger family shoot), as otherwise it would get hard to combine them and the photo would be too noisy. Flannels are always a big YES for me!

Logos can be done well or super wrong, it honestly depends on each shirt so if you wanna send me a photo when choosing your outfit that's fine! Certain outfits look great in real life but can be distracting in photos. I also love band shirts, so if your favourite piece is a Rolling Stones tee, I'm all for it!





## Accessories & Props







# Gimme all the props

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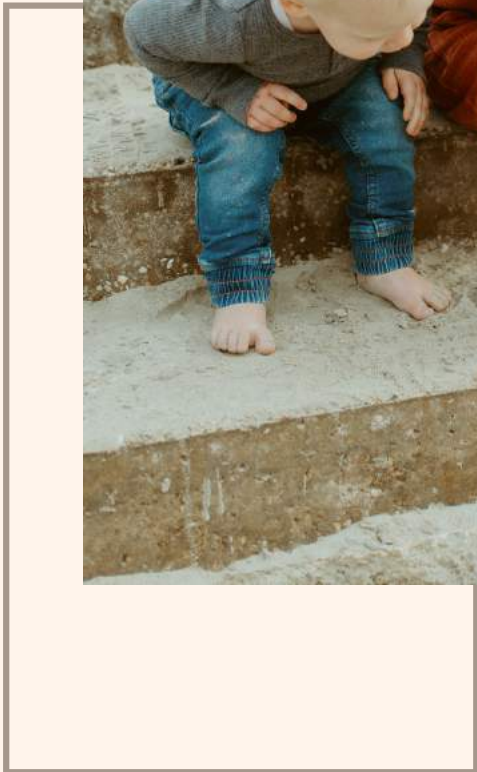
*If you like to wear hats, scarves or jewellery, that's completely fine with me! I just don't recommend too dark sunglasses as they cover your eyes and also sporty watches as they can be distracting when shooting close ups. Also keep in mind that your kids might not want to wear headbands or jewellery - and that's completely fine! We will still get amazing photos.*

*If you have any ideas regarding props that make you feel more comfortable or mean something to you, we can SO do that! Bring your kids' bikes, your cat or dog, blankets and fairy lights, flowers, a book, pizza, your van, a campfire or a picnic - I'm more than happy to make that work (if you can deal with your dog stealing the show ;). It's usually heaps of fun for the kiddos and allows me to capture a story rather than a series of posed group photos.*





# Shoes





# Avoid bright colours

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*I'm not picky at all when it comes to shoes - just wear what you're comfortable in (and maybe not bright yellow)!*

*I probably wouldn't recommend wearing high heels as my photography is a lot about movements and running over rocky fields can surely be tricky in these (unless you're amazing in walking in them)! Also, if we happen to take the photos at the beach or in your home, you're so welcome to wear no shoes at all or your comfy at-home-socks or slippers (I know we all have them) as it's just so much more realistic for the photos.*





## Some last words





# Don't dress up

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Last but not least, keep the weather in mind. If it's cold, bring lots of layers and thick boots. If it's warm, go with clothes that let you breathe more.

And most importantly, don't dress up. If you don't look like you you won't feel like you and that will reflect in the photos. Don't force yourself, your partner or your kids in an outfit that you normally wouldn't wear.

And don't feel like if you don't follow these guidelines your photos are gonna suck! This is only my advice, having you comfortable is the most important thing to me!! xx





# Need to shop?

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If you're still looking for that perfect outfit for yourself or the kids, here is a list of shops that have cute outfits for every budget:

- Love from Lola (for baby girls)
- Snuggle Hunny Kids (for Newborns)
- Jamie Kay
- Zara
- The Iconic
- Gingham & Heels
- Cotton On (Kids)
- Target
- Kmart
- Big W
- Bonds
- Myer





SOME MORE INSPO



