



## **6 tips for taking better photos of your kiddos**



No doubt, if you're a parent like me, your phone is chockablock with photos of those cute little faces you created. And if you're about to become a parent, wellllll.... it might be time to upgrade that iCloud storage (just sayin').

I know, you're thinking, "*why is she giving me all her secrets for free?*" The thing is, I obviously can't be there for all of those special, everyday moments with your little ones (wouldn't that be nice!), and these fleeting moments are what you want to feel ready to capture, especially when they spring those 'firsts' on you!

So here's my top tips to help you nail those shots of your kiddos. The good news is, you don't need a fancy professional camera to use these tips - any camera you have will do, and yep - that includes your phone!

This is just one verse of what makes good photos great — but it's plenty to get you started towards your family album!

Let's get the [disco] ball rolling!



Don't forget to get in the photo too sometimes!



## Here Comes The Sun (do do do dooo)

One of the best ways to have beautiful lighting in your photos, is shooting backlit photos - which means having the sun behind your subjects. The best time to do these is earlier in the morning about an hour after the sun rises, or later in the afternoon, an hour before the sun sets.

That my friend, is when you'll get that magical golden glow us photographers are obsessed with!

Another tip is to have the sun out of the frame, otherwise you'll flood your camera with too much light and haze, which makes it trickier for your camera to focus.

*"But Jess, I'm slingin' the kids their nuggs an hour before sunset! We're out and about earlier in the day, so then what do I do?!"*

I know, the fun stuff is happening at all times of the day, not just at golden hour! You're going to be in situations (knee-deep at the beach in sand-covered sangas) where the midday sun will be beating down on you, but you still want to be able to snap a decent pic of the kids. In that case, my main tip would be to watch your shadow. Make sure that you are not standing with the sun on your back, as this will mean that your shadow will be a main feature in the photo, and unless you're going for that (which can be cool too, fyi!), it's going to get in the way.



Oh yeah, dreamy backlit goodness



Shadow play



## Smile Like You Mean It

Look, I know this can be a hard habit to break, and I've done it myself  
of course!

But if you can let go of the idea of that the 'perfect' shot of your kiddo's has to be that they're looking at the camera and standing perfectly still, this will be a huge step towards creating an image of your little ones that perfectly captures them, exactly as WHO they are - not just what they *look* like.

Take note of when they're immersed in their favourite activity; watch her face light up as she builds her 1574th Lego tower, or when he rushes off to grab his gumboots to splash in those muddy puddles.

Because not only will they be less aware of you trying to document them (and therefore more at ease), you'll be capturing a moment that's truly authentic, and a part of their personality and childhood. Something that you'll want to be able to relive, over and over.

Another idea is to ask your kids what they'd like you to take a photo of them doing. Get them involved in the process, and they're likely to be more excited about it!



Is there a kid that doesn't love puddles?



This image just epitomises my little nug, in all her singin', dancin' glory.



## Blinded By The Light

If you're snapping pics of your kidlets inside, I highly recommend turning off any lights. These can cause pretty awful shadows on their faces, as well as a tint to the overall image, especially if the lights are quite warm-toned.

Instead, open up those blinds and let as much natural light in as you can.

Look for the big light sources, and use those to your advantage. If you can, placing the Lego right next the window ain't a bad idea either...

Get creative with the light in your house! Don't fret if you don't have a spacious house with ceiling to floor windows (ugh, imagine cleaning all that glass). Look for the little pockets of light (or shadow) you can see, and experiment.



Delish, natural window light



I gotta, I gotta pocketful of sunshine

## Move Your Body

If you feel a shot just isn't working, change your angles and find a new perspective!

Instead of taking the standard shot at your regular standing height, try getting down on their level or shooting from birds eye view, above your little one.

Alternatively, you can try coming in closer to document the finer details, or moving further out to incorporate more of the environment to help tell the story.



Hit the floor



You gotta be quick for these shots, toddler's don't stay still for long!



## Walk This Way

Ok, so I think this is possibly my favourite tip, because it is one of my favourite things to do - framing your kiddo! Incorporating some of the environment to help draw the viewer's eye to your subject, just adds that extra depth and storytelling element to your image. These can be physical objects like doorways or trees, or visual elements like shadows.

Once you have your initial shot in mind, take a second to pause and look around to see if there's anything in the scene that you could use to highlight your kiddo. Before you snap though, ask yourself if it compliments the shot or just adds clutter.

You want to draw focus to your little one, not distract from them!



## Go Your Own Way

Please keep in mind, rules are made to be broken!  
So take these tips with a grain of salt (and a shot of tequila if it's been *that* kind of day).

Experiment with different light sources, angles, shadows -  
EVERYTHING!

Most importantly - I want you to roll up your traditional ideas of what a picture of your kids *\*should\** look like - that's right, scrunch 'em up into a teeny, tiny ball - and flick 'em out the window (the one with the good light).

The most important thing is to focus on what *feeling* you want to remember, and to feel again, when you relive the moment 20 years from now.



Ooh, the indoor lights are on. I'm such a rebel

Yup, there's a lot to taking photos of your little ones!  
I'd love to take away your worries and capture your  
family's original groove for you!  
Shoot me an email to book your session, and mention  
these tips to score 5 extra images in your package -  
[hello@jessporterphotography.com](mailto:hello@jessporterphotography.com)  
(Valid for 30 days from sign-up)

If you find any of these tips useful, and have a go at using  
them, please tag me on Instagram  
([@jessporterphotography](https://www.instagram.com/jessporterphotography)) - I'd love to see!