

SOFT LIGHT SOCIAL

Your Photography Session Style Guide

Welcome, I'm so excited to have you in front of my camera!

Your session is about capturing the little things - the connection, the laughter, the quiet moments and the people you love exactly as they are.

This guide is here to help you feel prepared and confident before your session. Don't worry about getting everything perfect. The most beautiful photographs usually happen in the moments that aren't perfectly posed.

WHAT TO WEAR -

Your clothing choices can make a huge difference to the overall feel of your photographs. I recommend choosing outfits that feel comfortable, natural and true to you. *Choose soft, neutral tones*

Colours that photograph beautifully include:

- Cream
- Beige
- Warm white
- Tan
- Brown
- Terracotta
- Dusty pink
- Muted greens
- Soft blues
- Warm earthy tones

Neutrals and earthy colours help keep the focus on you and create a timeless, cohesive gallery.

Avoid very bright colours.

Extremely bright colours, particularly fluorescent shades, can reflect onto skin and become distracting in photographs. If you love colour, choose softer, muted versions instead.

Keep patterns simple.

Small, subtle patterns can work beautifully, but large logos, bold graphics, fluorescent colours and very busy patterns can distract from the connection and emotion in your photographs.

Texture is your friend.

Texture photographs beautifully and adds depth to your images.

Think:

- Linen
- Knits
- Lace
- Cotton
- Denim
- Soft flowing fabrics
- Crochet
- Textured cardigans
- Ribbed clothing

Flowy dresses and skirts can also create beautiful movement when we're walking or moving together.

FOR FAMILIES -

You don't need to dress everyone identically. Instead, coordinate your outfits through colour and texture.

For example:

- Mum - Cream flowing dress
- Dad - Beige or tan shirt with neutral pants
- Child - Soft sage or dusty blue
- Baby - Cream or neutral tones

Coordinating rather than matching. If you have several children, try to avoid dressing them all in exactly the same outfit. Different textures and complementary colours create a more natural-looking gallery.

FOR COUPLES -

Choose outfits that complement one another without looking overly coordinated.

A beautiful combination might be:

- One person - Flowing neutral dress

- Other person - Linen shirt with beige or neutral pants

Or:

- One person - Soft earthy tones
- Other person - Denim, cream and tan

The goal is for your outfits to feel like they belong together without looking identical.

MATERNITY SESSIONS

Your maternity session is all about celebrating this incredible stage of your life. Flowing dresses, fitted dresses, fabrics that highlight your bump and simple neutral clothing all photograph beautifully. If you're planning multiple outfits, I recommend bringing:

1. A fitted outfit - Something that beautifully highlights your bump.
2. A flowing outfit - Something with movement that we can photograph walking or standing in the breeze.
3. Something personal - A favourite dress, meaningful piece of clothing or something that feels particularly "you."

Maternity Client Wardrobe

Don't have anything to wear? No problem!

Soft Light Social also has a selection of maternity gowns and dresses available for clients to use during their session. If you'd like to use something from the client wardrobe, I'm more than happy to help you choose pieces that suit your style, bump and chosen location. You are welcome to use the wardrobe if needed or simply if you'd love to try something different. You can also combine client wardrobe pieces with outfits of your own. Barefoot photographs can also create a beautiful, relaxed feeling when appropriate for the location.

NEWBORN SESSIONS

For newborn sessions, simplicity is often best. Soft neutral colours, creams, whites, beige and earthy tones create beautiful timeless photographs. For parents and siblings, comfortable clothing is ideal. You don't need to bring a huge amount of clothing for your baby. Simple wraps, blankets and outfits can be incorporated naturally. Most importantly, don't worry if your baby needs feeding, changing or cuddling throughout the session.

There is no rush. Your baby sets the pace.

WHAT TO BRING - Depending on your session, you may like to bring:

- A change of clothes
- Water
- Snacks for children
- Baby essentials
- A favourite blanket
- Meaningful sentimental items
- Comfortable shoes
- Hairbrush
- Makeup for touch-ups
- Anything special you'd like incorporated into your photographs

For outdoor sessions, I recommend bringing comfortable shoes for walking between locations.

You can always change into your beautiful shoes once we're ready to photograph.

HAIR & MAKEUP -

You don't need professional hair and makeup to have beautiful photographs. If you choose to have your hair and makeup professionally done, I recommend keeping the look soft and natural.

Soft skin + natural tones + subtle definition

Avoid making dramatic changes to your appearance unless that is your normal style.

Most importantly, choose a look that makes you feel confident.

LITTLE DETAILS MATTER -

Before leaving home, check:

- Wrinkled clothing
- Straps showing
- Clothing tags
- Hair ties around wrists
- Scrunchies
- Smart watches
- Phones in pockets
- Sunglasses
- Large logos
- Children's faces and hands
- Shoes

These tiny details can make a big difference to your final images.

DURING YOUR SESSION -

You don't need to know how to pose.

That's my job.

I'll guide you through natural movements and prompts rather than expecting you to stand perfectly still and "pose."

You might be asked to:

- Walk together
- Hold hands
- Dance
- Snuggle
- Look at each other
- Tell each other something funny
- Play with your children
- Run together
- Sit together
- Whisper something silly
- Simply enjoy being together

Some of my favourite photographs happen between the poses. So don't worry if you laugh, move, fix your hair or have a moment that feels imperfect.

Keep going.

I'm probably photographing it.

WITH CHILDREN –

Children don't need to behave perfectly. They don't need to smile at the camera the entire time. And they definitely don't need to sit still for an hour. Let them play, let them explore, let them be themselves. If your child doesn't want to cooperate, we won't force it. Sometimes the best photographs come from following their lead and turning the session into an adventure.

Please don't stress about your children during the session. The more relaxed you are, the more relaxed they will become.

LOCATION & WEATHER -

Outdoor sessions are often planned around beautiful natural light. Soft evening light is one of my favourite times to photograph, particularly during golden hour. Weather can be unpredictable, so please keep an eye on your phone on the day of your session. If weather conditions become unsafe or unsuitable, we'll work together to reschedule. A little wind, cloud or even light drizzle doesn't necessarily mean we need to cancel. Sometimes imperfect weather creates the most beautiful photographs.

THE SOFT LIGHT SOCIAL APPROACH -

My style is centred around:

- Natural connection.
- Soft light.
- Authentic moments.
- Timeless photographs

I want your gallery to feel like you. Not overly posed. Not overly perfect. Just the people you love, in a beautiful moment in time.

Most importantly -

Don't overthink it.

You don't need to be a model. You don't need to know how to pose. You don't need perfect children. You just need to show up and be yourselves. I'll take care of the rest.

THANK YOU

Thank you for trusting *Soft Light Social* to capture these moments for you. These photographs aren't just for today. They're for the years when your children are bigger, when your family has changed and when you want to remember exactly how this chapter felt.

Let's create something beautiful together.

Soft Light Social