

SARAH WALTON PHOTOGRAPHY

# STUDIO SESSION

## *Clothing Guide*





# WHAT TO WEAR





# HI THERE!

Your photoshoot is exactly that - YOUR photoshoot - I don't for one second want you to be anything but yourself and wear anything that doesn't represent YOU.

I want you to have your hair and make-up in a way that makes you feel like yourself. I want you to wear things that make you feel comfortable and are an extension of what you would wear. Clothes that represent your style.

I also want your images to stand the test of time, so if you are stuck on what to wear, you will find some inspiration on the next few pages.

*Sarah*  
x

## TOP TIPS ON CHOOSING YOUR CLOTHING!

Alongside outfit examples, I have added complimentary colours to help you with your styling.

Pick your palette first. Let this be your starting place. Think in terms of tones: neutrals, blue tones, copper tones etc. Everyone in the family can express their own sense of style within the chosen colour palette, and the whole group will coordinate beautifully and the palette will work well together. My personal favourites are always combinations built on neutral or warm tones.

Patterns tend to steal the focus of the main subject (you!), so if you include them, make sure they are delicate and small.

Add textures to give your images some interest, such as knits, lace, corduroy and even denim.



# NEUTRALS





# NEUTRALS



## WHAT SHOULD WE WEAR?

We suggest wearing plain, well fitting clothing that you are comfortable in. Avoiding patterns, logos and prints is recommended and instead opt for two or three colour tones that compliment each other.

Although you might not generally like dressing 'matchy-matchy' as a family, for photo shoots, this actually looks great!

## SHOULD WE BRING MORE THAN ONE SET OF CLOTHES FOR VARIETY?

Absolutely! We suggest bringing a couple of options to your session - either two options in the same colour tones or two outfits in different colour tones. If you opt for the latter, please make sure the rest of the family has options available in similar colour tones too!

If you get stuck on what to bring you can either bring your selection with you or send me a photo of what you've shortlisted, and we can then decide together what would be the best way forward.



# COOL NEUTRALS







# COOL NEUTRALS





Layering is a great way to add interest to your outfit and variety to your images.

We can have some images with you just wearing your top and trousers / skirt or a dress, and this outfit can be totally transformed in seconds, just by adding a sweater or a jacket.

Add a hat and you have a completely different look!

## **OUR STUDIO COLLECTION**

Just so you know - we do have a collection of dresses available for both adults and children in a range of colours that you are welcome to use during your session, but please bear in mind that we may not be able to match your chosen colour scheme or provide dresses in your preferred size/style.



# RUST & COPPERS





# GREENS





# MONOCHROME





# 5 TIPS FOR A GREAT *session*

## 1. PREPARE YOUR OUTFITS THE DAY BEFORE

I don't want you to stress on the day, so anything that could potentially cause you any stress needs to be dealt with beforehand. Make sure your outfits are ready and ironed the night before. If you are worried about getting anything creased in transit, or children spilling juice all over their new shirt, bring those with you separately. You can always get changed at the studio. We will have plenty of time.

## 2. MAKE SURE KIDS ARE RESTED AND FED

It goes without saying, but on the day of the session, you may wake up a bit more anxious than usual, because you want everything to go smoothly. In the chaos of the day, you may not have the time for a sit-down meal prior to leaving the house, but please make sure children don't arrive hungry.

If they are anything like me, hungry almost always means angry, and we most definitely do not want to have them angry on the day, if as little as a sandwich would have solved that.

We also don't want them falling asleep in your arms, so please try and have an early night prior to the session day, to make sure everyone is on top form and a good nap for little one's beforehand is vital.

### **3. PREPARE YOUR CHILDREN AND TELL THEM WHAT TO EXPECT**

Depending on their age, it may be good to sit down with your children and tell them a bit more about what will happen on the day of their session. Please don't worry about telling them that they must smile and listen, but instead tell them it will be fun! This will give them a confidence boost on the day, especially if they are shy.

### **4. BRING AN ACTIVITY / TOYS THAT YOUR CHILDREN ENJOY**

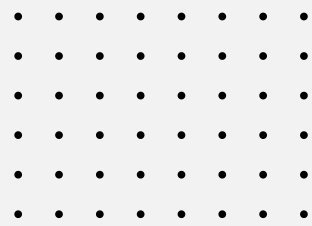
We want your children to feel relaxed and forget about the camera, and toys are great for that. They also direct focus, so if we need your little one to look directly into the camera, I can always place their favourite teddy bear on top of it!

### **5. ENJOY IT**

I know it's easy to say, but this is the time when we will be capturing you and your loved ones as a family. Those will be the memories your children will pull out of the dusty box 20-30 years from now, at a Christmas table. Whatever is on your mind, put it aside for an hour and try as much as possible to enjoy this time.

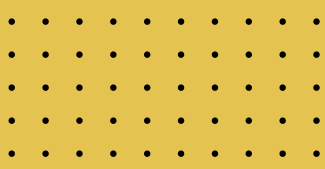
Maybe your little ones will need more cuddles on the day; maybe they will be boisterous. Maybe they will run around for 20 minutes before they are out of steam. Please don't stress about it. I am here to document it all. This is life happening around us. That's the memories we want to look back at.









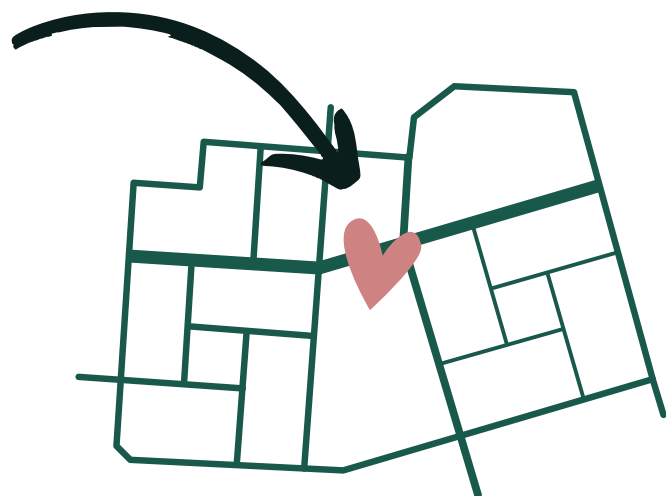


# CHECKLIST

- Confirm date, time and check location
- Choose your outfits and have them ready
- Choose a second outfit (if possible)
- Get snacks and toys for the kids ready
- Breathe - it's going to be fabulous!

## STUDIO ADDRESS:

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