

Comprehensive Portrait Session Checklist

This all-inclusive list ensures your session covers every member of your family, from seniors to aspiring models, and every special moment in between. Feel free to pick and choose the ideas that suit your family's unique needs!

Group Shots:

- Close-up of everyone smiling.
- Candid laughing moments.
- Everyone walking together, holding hands.
- Generational photos (e.g., grandparents with grandkids).
- Group hug for a warm and cozy shot.

Individual Portraits:

- Classic headshots.
- Full-body standing shots.
- Casual poses like sitting on the ground.
- Action shots such as twirling or running.

Fun & Creative Poses:

- Jumping as a group or individually.
- "Battle of the siblings" playful interactions.
- Throwing kids in the air.
- Couples lifting their partners.
- Dancing couples (including a dip).

Location-Specific Shots:

- Under a pier or with the pier in the background.
- Sitting on dry sand or dunes.
- Lifeguard tower shots.
- Ocean as the sole background.

Candid & Lifestyle Poses:

- Walking and talking.
- Racing each other on the beach.
- Laughing moments.
- Snuggling as a family.

Senior Portrait Checklist

Pose Ideas:

- Casual: Leaning against a tree, fence, or wall.
- Dramatic: Sitting on a stairwell or bench.
- Action: Jumping, dancing, or walking mid-stride.
- Personality shots with hobbies (sports gear, musical instruments, etc.).

Wardrobe Ideas:

- Classic: Neutral-colored sweaters or dresses.
- Trendy: Bright tops with jeans or khakis.
- Formal: Suits, dresses, or prom outfits.

Tips for Seniors:

- ❑ Avoid stripes and plaids; solids photograph better.
- ❑ Bring accessories like hats, scarves, or necklaces for variety.
- ❑ Bring items like yearbooks, trophies, or props related to hobbies.

Maternity Portrait Checklist

Pose Ideas:

- ❑ Cradling the belly with both hands.
- ❑ Partner hugging from behind with hands on the belly.
- ❑ Sitting on a blanket in the sand or grass.
- ❑ Silhouette with backlighting.
- ❑ Close-up of hands forming a heart on the belly.

Wardrobe Ideas:

- ❑ Flowing dresses for a soft, elegant look.
- ❑ Form-fitting outfits to emphasize the bump.
- ❑ Coordinated outfits with partners or children.

Props:

- ❑ Baby shoes or ultrasound pictures.
- ❑ Flowers, such as a flower crown.
- ❑ "Coming Soon" signs or blocks spelling the baby's name.

Modeling Portfolio Checklist

Modeling Pose Ideas:

- Standing with hands on hips for a confident look.
- Sitting cross-legged on the ground.
- Mid-motion walking shots.
- Editorial poses: Over-the-shoulder glances, dramatic looks.
- Sports or lifestyle poses with props like hats, bags, or gear.

Wardrobe Suggestions:

- Casual: Fitted jeans and a white t-shirt.
- Professional: Blazers, suits, or dresses.
- Glamorous: Gowns or cocktail dresses.
- Athletic: Sportswear with gear like yoga mats or cleats.

Additional Tips:

- Minimal makeup unless required.
- Bring a variety of outfits to show versatility.
- Keep accessories simple to let your personality shine.

Pet Photos

Pose Ideas:

- Holding or cuddling your pet.
- Walking or running with your pet.
- Pet looking directly at the camera with you behind them.

Tips for Pets:

- Bring treats and toys to capture their attention.
- Have someone assist with handling during other shots.

Wardrobe Tips for Everyone

- Colors:** Choose solids over patterns; avoid stripes and plaids.
- Outfit Types:** Bring casual, formal, and fun/trendy options.
- Accessories:** Include hats, scarves, and jewelry, but keep them minimal.
- Footwear:** Flip Flops, most the time you will be barefoot in the sand.
- Preparation:** Iron all clothes and avoid new hairstyles or tanning right before the session.
- Senior Props:** Letterman jackets, sports equipment, musical instruments.
- Maternity Props:** Baby shoes, ultrasound pictures, floral accents.
- Modeling Props:** Handbags, hats, sunglasses.
- Pet Props:** Favorite toys, leashes, or costumes.

Family Pose List

- HEADSHOTS "LINKEDIN"
- UNDER PIER
- COUPLE PORTRAITS
- JUMPING FUN CANDIDS
- INDIVIDUAL PORTRAITS
- GROUP SHOTS CIOSEUP
- SITTING ON DRY SAND
- HOLDING NANAS
- SIBLINGS GROUP
- DANCING COUPLES DONT FORGET TWE DIP
- BATTLING SIBLINGS
- WALKINGI SHOTS
- LAUGHING
- RACING EACH OTHER
- SHOTS WITH THE PIER ONTHESIDE
- JUST OCEAN BACKGROUND
- KISSING PHOTOS
- LIFEGUARD TOWER
- GRAND PARENT WITH GRAND KiDS
- JUST GRAND KIDS

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Maternity Pose Ideas:

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