

AL

# Family Photography

## TIPS AND HINTS

with Jo Kim Photography



MAKE  
ME  
ICONIC

Card with message  
to see you  
again soon



# *don't say* **CHEESE!**

## TIPS FOR TAKING (BETTER) PHOTOS OF YOUR KIDS

Do you ever flick through your photos of your kids and wish they looked a little... better? I've been a newborn and family photographer for about seven years now, in addition to taking countless photos of my own three children, so I'm here to share with you my best tips for capturing the best shots of your children, whether you're using your smart phone or a DSLR or anything in between.

*Jo* xx

01.

**IT'S ALL ABOUT THE LIGHT**

— Inside

— Light Direction

02.

**CLEAN UP YOUR STUFF**

03.

**GET DOWN LOW AND GO! GO! GO!**

04.

**CONFINE AND CONTAIN**

05.

**DON'T RUIN THE MEMORIES!**



@jokimphotography  
jokimphotography.wordpress.com







YOU ARE USING  
LIGHT TO CAPTURE  
A MOMENT IN TIME



# *No.1*

## IT'S ALL ABOUT THE RIGHT LIGHT

*My first tip is to  
FIND THE RIGHT LIGHT.*

“Photography”, as a word, comes from the Greek and literally means “drawing with light”.

You are using light to capture a moment in time. The light changes so much depending on what time of day it is, bright and sunny, overcast, how much light is in the room you’re in, or even the colour of your walls.

There is no “wrong” or “right” light to photograph in, it’s more a matter of how you use it. Whether you’re inside or out, the most flattering light is indirect light. It’s really difficult to take lovely photographs outside right smack bang in the middle of the day, full of glare and harsh shadows. If you’re going to photograph outside, try and pick a time when the light is more muted, especially sunset and the “golden hour” before the sun disappears.

Sunrise is also beautiful, if you’re an early riser...

*continued to next page >*



# No.1

## IT'S ALL ABOUT THE RIGHT LIGHT

### *Inside —*

If you're photographing inside, it's a lot easier to avoid harsh shadows and your children squinting into the sun, but you still need great light. Unless you're an experienced photographer, you might want to avoid artificial lighting and flashes and try and use the natural light you have. If you have a lovely, big window somewhere in your house, this window is your friend. Go through your house at different times of day, and find which rooms have the best light at which time of day. I prefer indirect light through a big window, so I quite often take photos of my children on my bed, as it has the best light in the morning. By the afternoon, with our window facing full West, the light coming in is too harsh.

### *Light Direction —*

Another question to ask yourself is where the light is coming from. Ideally, you want the light shining on your child from the side. If the light shines straight into their eyes, you'll get squinty eyes, so try having them sit near a window with light on the side of their face.

If the light is shining from below their face, you might also get some unappealing shadows. You can see this if your child is laying down on the floor, for example, with their feet towards the window. They will have shadows above their nose and under their eyes. Whereas, if you spin them around so that their head is at a 90 degree angle to the window, you will have much more flattering shadows on their faces.

Light can be really complex to get to know and work with, so keep it simple: find lots of light, but not direct light, and find the right angle so the light is not shining up your child's nose.



A close-up photograph of a baby with light brown hair and blue eyes, wearing a pink and white striped shirt. The baby is holding a round, golden-brown cookie in their mouth and using a wooden cookie cutter with a colorful polka-dot pattern to cut it. The background is a soft, out-of-focus white space with some greenery.

— FIND THE RIGHT  
ANGLE SO THE LIGHT  
IS NOT SHINING UP  
YOUR CHILD'S NOSE!





## No.2

# CLEAN UP YOUR ...STUFF

There is nothing that can ruin a great photo faster than something in the background that distracts the viewer.

Of course, if you're photographing your child playing in a pile of toys, sure, that's fine. If you're photographing your child in your lounge room, and you have your vacuum cleaner sitting around, or a pile of dishes visible in the kitchen, that's something that can be really distracting in the background of an otherwise beautiful photograph.

You don't have to keep your house pristine, but just be aware of what is going on behind your child when taking photos. You don't necessarily need to confine your photographs to a fastidiously clean room, but maybe just change your angle or move slightly to the side so your vacuum cleaner is no longer visible, for instance.

If you're taking a photo of your child on your bed, something as simple as tidying (or hiding) the clutter on your bedside table can make a big difference. We've all seen those "viral" selfies where someone has posted a photo of themselves with something incriminating or mortifying in the background. Learn from their mistakes.

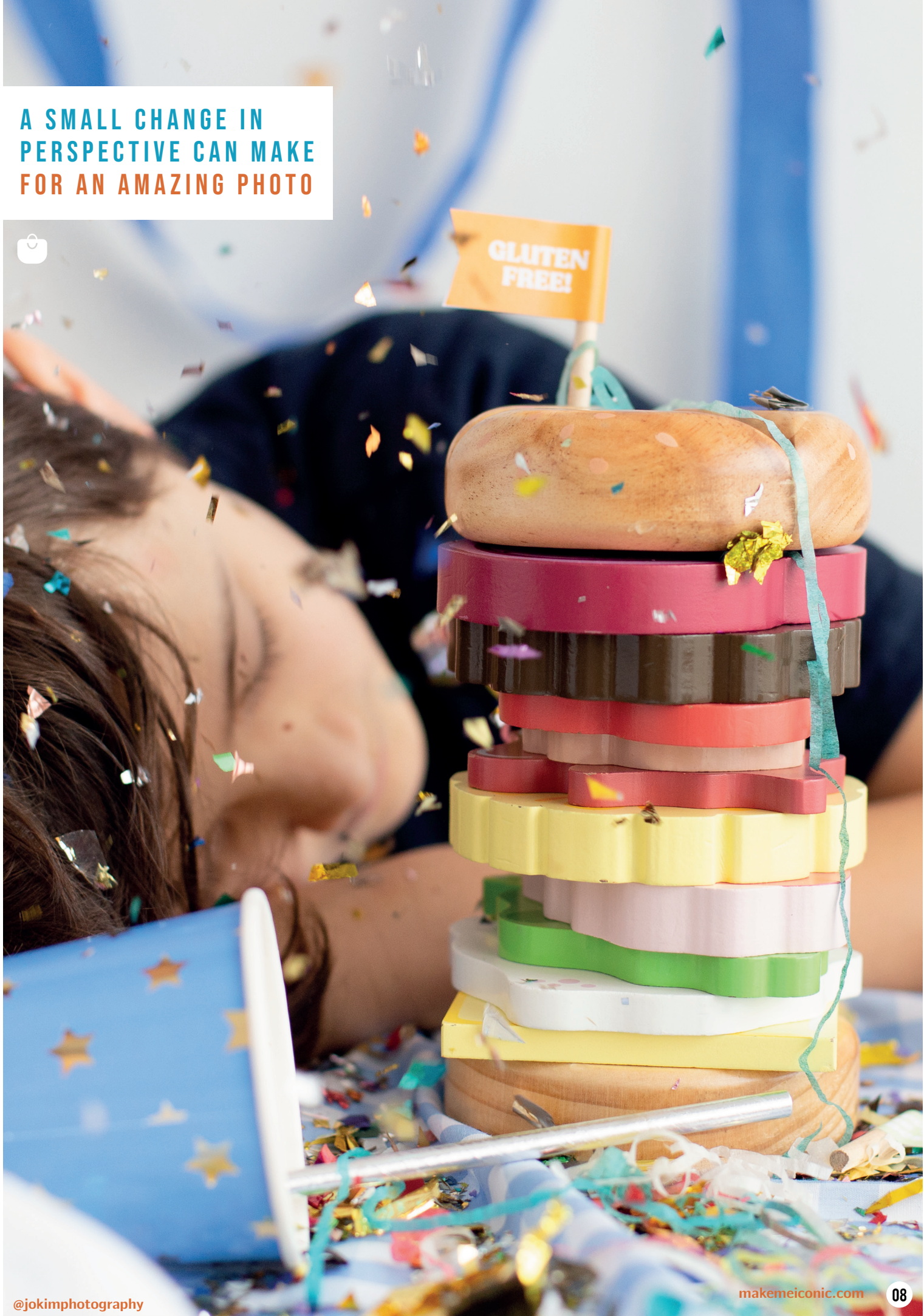
*And, please, make sure you close your toilet door if it's in the background, especially if someone is on it.*



A SMALL CHANGE IN  
PERSPECTIVE CAN MAKE  
FOR AN AMAZING PHOTO



GLUTEN  
FREE!





# No.3

## GET DOWN LOW AND GO! GO! GO!

*A different perspective can make a so-so photo into an amazing photo.*

Try and get down at the same level as your child, so if they're playing in the floor, sit or lay down on the floor. If they're running around outside, sit in the grass. However, you can also try the opposite and be high above them. Lay them down on a bed, the floor, or the grass and photograph them from above looking down, either leaning over them or up on a stool or ladder. You may need to get up quite high to do this, so be careful!







ONE OF MY TRICKS FOR RUNNERS IS TO PUT THEM ON A 'SPECIAL' CHAIR...

# No.4

## CONFINE AND CONTAIN!

There's nothing trickier than photographing a toddler who just doesn't want to sit still or look in the general direction of anything camera shaped. One of my tricks for "runners" is to put them on a "special" chair, which isn't actually special, but a small toddler chair or even an arm chair that will hold them for at least three to five seconds.

### *And then just be ready.*

Having a helping hand can help with this. My toddler is probably one of the worst children I've ever had to photograph, partly because I don't usually have an extra helping hand to keep her in place so I can be in position to photograph. For her first twelve months, I was taking photographs of her every month on her birthday on the same sheepskin and the same teddy bear, with me up on a stool.

That worked until she was eleven months, where she would have escaped and ran away by the time I had climbed up on my stool. For her twelve months photo, I gave up and sat her on a chair...

There isn't really any magic trick to photographing children that don't want to sit or stand still to be photographed, and it can be disheartening to not be able to capture them how you imagined. Persistence, be prepared, and take a lot of photos. Use the burst mode if you have it on your smartphone!

### *Just quietly, I also heartily endorse bribery!*







## No.5

# DON'T RUIN THE MEMORIES!

One of our sons went through a phase when he was five where he would make silly faces whenever we took photos.

Prior to an overseas trip, we had a very serious chat about how photographs are part of our memories, and so could he please do us a solid and not ruin the photographs on our holiday. It resonated with him, and while we got a few silly faces, a gentle and joking reminder of “don’t ruin our memories” helped, but sometimes we just leaned into his silliness and took a photo where everyone had silly faces. I love those silly face photos from our trip as much as the “nice” photos.

My favourite photos are the ones that are natural and unposed, that capture a moment and memory. The most perfect photograph of your child is one that you will look back on when your child is all grown up, and there will be a memory or an emotion attached to it. Hopefully that memory won’t be tinged with memories of yelling —

*“okay, can everyone just sit still and look at the camera!”*

— over and over, or any other childhood trauma that requires future therapy for your children. Photograph them being the gorgeous little humans that they are, and that will be more important than anything else you do to take beautiful photographs of your children.



MY FAVOURITE PHOTOS  
ARE THE ONES THAT ARE  
NATURAL AND UNPOSED





# hello *FRIENDS,*

I hope that Jo's family photography hints & tips have helped you approach your family photography from a fresh view. Sometimes it takes just a few simple fresh ideas, a few small improvements.

I love looking back on all my photos of my family and you can never take too many! My kids would always object when I took photos of them whilst on holidays or at home but now they love looking back on these wonderful memories.... Always take the picture even if they don't want to! Sometimes the silly faces are the best just like Jo said....

*with love, Natasha xx*

We would love to see your family photography adventures!  
Tag @makemeiconic #makemeiconic #makemeiconickids  
in your family-play posts on Instagram.

## *Jo Kim —*

Jo is a NSW based photographer who adores photographing newborns, babies, children and their families.

Visit Jo Kim Photography at [jokimphotography.wordpress.com](http://jokimphotography.wordpress.com) if you would like to find out more about her photography sessions or follow Jo on Instagram @jokimphotography.

## Jo Kim Photography

We would also like to throw a special mention to Lee from You Give Me Grace who we have worked with on many craft projects and styled & created a lot of the photos in our eBook.

## *Lee Seaman —*

Lee from You Give Me Grace is a Newcastle based freelance stylist, specialising in children's products and lifestyle photography.

She has her own decal store and is available for commissioned work. Visit [yougivemegrace.com](http://yougivemegrace.com) if you would like to find out more about her or follow Lee on Instagram @yougivemegrace.

## *You Give Me Grace*





*take a look at*  
**OUR *LIFE* AND *PLAY* BLOG..**  
*for more inspiration*

---

view our range of premium wooden toys and homewares  
[makemeiconic.com](https://www.makemeiconic.com)