

How to Prepare for Your Session

A GUIDE FROM JANELLE ROSE PHOTOS & FILMS

I want your session to feel easy, joyful, and completely like you — not stiff or posed. These tips are everything I wish every family knew before we met. Read through, take a breath, and trust the process.

01 What to Wear

DO	AVOID
Soft, coordinated neutrals (cream, sage, dusty blue, warm tans)	Matching outfits head-to-toe
Textures: linen, knit, denim, chambray	Loud logos or busy graphic tees
Layers — cardigans, jackets, scarves add visual interest	Neon or very bright colors that distract
Comfortable shoes you can actually move in	Brand new outfits the kids haven't broken in yet

◆ *Pro tip: Lay everyone's outfits flat together before the session. Do they feel like they belong in the same photo? If yes, you're set.*

For In-Home Sessions

Wear something you'd actually lounge around in — soft cotton, your favorite sweater. The goal is to capture your real life, and your clothes should match that feeling.

For Maternity Sessions

Form-fitting or flowy both photograph beautifully. Solid colors and soft fabrics tend to keep the focus on that bump. If you have a dress you've been saving for a special occasion — this is that occasion.

02 The Morning Of

Feed the kids before we meet. Hungry toddlers are the nemesis of any session. Snacks on hand are always a good call — I won't judge.

Don't stress about hair perfection. Windblown, a little lived-in, the tiniest bit of baby hair sticking up — these are the things that make a photo real.

Give yourself buffer time. A rushed arrival shows. Build in 15 extra minutes so you arrive relaxed instead of frazzled.

Newborn families: feed baby right before we start. A full, sleepy newborn is the dream. Time your feeding so we can go right into sleepy poses.

Let the kids in on the excitement. Tell them we're going on an adventure, not a photo shoot. The less pressure they feel, the better.

◆ *You don't have to pose or perform. My job is to find the moments that are already there.*

03 For Family Sessions

My biggest tip for kids is to NOT surprise them with the photo session

A few days leading up to our session, let them know that you are going to meet me at a pretty location to take family photos. Talk about it often and show them albums and photos from past sessions!

Some of the most beautiful frames happen when kids are just being kids. I'll guide you through movement and activities, but the real gold is in the in-between — the giggle after a tickle, the look your partner gives you when the kids aren't watching. Trust that those moments will come, and I'll be ready when they do.

A few things that help:

- Bring a small toy or comfort item for little ones
- If your kids have big energy, let them run when we arrive — burn it off before we settle in
- Toddler meltdowns happen. We'll take a snack break and keep going.
- Older kids can hold props, pick a spot they love, or help direct a sibling — give them a role

04 Newborn & Fresh 48 Sessions

These sessions are unhurried on purpose. We follow baby's lead completely — feeding, soothing, settling in. For Fresh 48 sessions at the hospital, I'll document the real first hours: the tiny fingers, the way you look at each other, the nurses coming and going. You don't need to do anything but be present.

For in-home newborn sessions:

- Keep the room warm (around 75–78°) — warm babies are sleepy babies
- White noise in the background helps settle them for posed shots
- Have a loose idea of props or wraps you love, but we'll work with what baby tolerates
- Siblings doing a cameo? Have a small treat ready for after their part
- Plan for 2–3 hours; we're never rushing

05 One Last Thing

The very best thing you can do to prepare? Show up as yourself. Laugh when it's funny. Hold on a little longer when it's sweet. I'll handle the rest. These photos are going to mean the world to you someday — I already know that, and I take that seriously.

Questions before your session? I'm always just an email away.

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