



mon Sheri Design | **Photography Services**

photographer(s):: Sheri Lossing {alt/assistant/2nd shooter: Jim Lossing}

website:: **monSheriDesign.com** <http://monsheridesign.com/photography/>

TIPS | Portrait

Note: even if you are not taking SENIOR/SINGLE PERSON portraits, many tips in that category are for you also!

I am happy to exchange a few emails or texts about preparations for your photo session.

- My cell is: **616-438-2886**. Feel free to text &/or call.
- My emails are: **sherilossing@gmail.com** .
- Mine is a home studio and my location is **4562 Sarafield St. NE; Grand Rapids, MI; 49525**. First duplex on the left, door on the left once you are on the 'porch'. There is a HUGE pine tree in the front yard.

Please don't hesitate to contact me with any questions or concerns.

Senior Pictures | Single Person Portraits::

I want you to feel as prepared and comfortable for your photography session as possible. This helps me to get the best, most natural pictures of you. Pictures that reflect you, your personality and your passions allow for the opportunity to capture more than a simple likeness. My hope is that a memory, and hopefully a reflection of your personality, can shine through your photos. That is the goal. Unfortunately, I am far less likely to achieve this goal unless it is your goal also. Please try to relax as much as possible. I am an easy-going person, and there are all kinds of beautiful. Be your own beautiful, and enjoy your photo session! It is not a contest, there is not an audience. It is about you. Life moves on, and this is an opportunity to record a slice of who you are now. I look forward to helping you do so!

My assistant for the session will be my husband, who also occasionally helps as a 'second shooter' on bigger jobs. I have added a 'portrait' page {and a 'seniors' gallery} to my website, so it should be easier to view my samples: <http://monsheridesign.com/project/portrait-photography-projects/>. While viewing my portfolio please also take note of poses. Having some idea of what you can do with your hands, ways to stand that you find attractive and how to interact with your environment can make a huge difference in how well a photo turns out, and how comfortable you feel - and look - since you are not worried about where to put those hands, etc. Practice in front of a mirror and find poses that you think work well for you. Practicing the poses ahead of time can help them feel more natural, too.

There are also more samples of poses on Pinterest:

<http://www.pinterest.com/search/pins/?q=senior%20portraits%20poses&rs=ac&len=16> . Let me know if you find some you like, or just go ahead and do them during your photo session! Have fun!

Also, if you Google photo sessions/photo shoots you may find it helpful to watch a few videos about the process, so it will seem more familiar when you approach yours.

What to wear?

- Lipstick and moderate makeup make your features pop, especially lipstick. Not super dark, unless you want that. Powder for if you develop a shiny forehead is good, plus any make-up touch-up products you want is good to bring.
- Make sure your clothing is ironed before you come if you don't want to look ruffled in your portraits - wrinkles do show!
- Use a lint brush before going to your photo session, especially if you wear dark clothes and have pets.
- Props: instrument, dance shoes, hats, mementos, etc. - for in pics and detail shots.
- Specialty clothing: anything that **reflects you**; your high school experience, your personality, your passions, your memories, your interests. (ie: your prom dress, sports uniform, instrument, dance shoes, etc.)
- You can bring dressy clothing, casual clothing and specialty clothing. You may do as many clothing changes as time allows, if you want, if the changes are possible at the location(s). It is up to you.

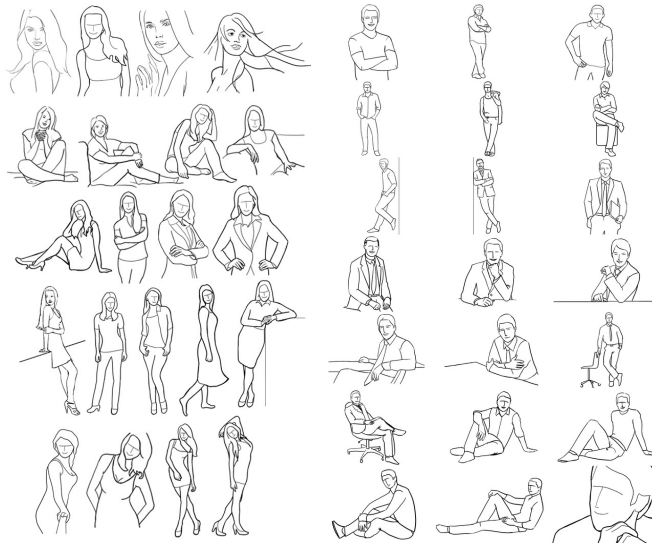
Dos & Don'ts for Professional Headshots & Most Portrait Types:

- Makeup obviously helps, but **don't over-do your makeup**.
- **Lipstick helps a lot**, but it does not need to be bright - unless that is what you like.
- **Don't wear lip gloss or glossy lipstick**. Glossy comes out as white spots or multi-lip-tones on film.
- Make sure **your hair is neat**.
- **Hairspray is your friend for headshots**.
- **Other hair products**: I would not recommend using glossy-looking hair gel on short hair or long straight. Your hair will look greasy on film. Use a hair product that does not have a 'wet look' for short or straight hair. 'Wet-look' hair products can look nice on curly hair, though.
- Do use **eye drops** before you come if your eyes are bloodshot.
- Don't use make-up with or add **skin glitter/sparkles**. Glitter/sparkles come out as plain white 'blown out' spots on film, and even looks like small pimples sometimes.
- **Use a lint brush** before going to your photo session, especially if you wear dark clothes and have pets.
- A pimple is easy to photo-shop out -- **5:00 shadow** is not. **If your photo session is in the afternoon or evening, please shave again before you go**.
- Choose **clothing that looks professional** and is not busy. Classic, clean lines are best.
- **Don't try to look like a different person**. This is not a beauty contest, and you do not need to look 20 years younger. It is a good goal to look your best, but you need to look like you. Everybody has their own look, and their own beauty. Be happy in **your** skin.

Dos & Don'ts for Most Other Portrait Types:

- Makeup obviously helps, but **don't over-do your makeup**.
- **Lipstick helps a lot**, but it does not need to be bright - unless that is what you like.
- **Don't wear lip gloss or glossy lipstick**. Glossy comes out as white spots or multi-lip-tones on film.
- Make sure **your hair is neat**.
- Sometimes lots of **hairspray** is your friend, depending if you are looking for hair movement in your pics or not. (ie – **If we are using a fan** &/or looking for a wind-blown look for some pics, lots of hairspray would not be good. You would want your hair to move freely instead.) Use your judgement depending on your hairstyle and target shots/looks.
- **Other hair products**: I would not recommend using glossy-looking hair gel on short hair or long straight. Your hair will look greasy on film. Use a hair product that does not have a 'wet look' for short or straight hair. 'Wet-look' hair products can look nice on long curly hair, though.
- Use **eye drops** before you come if your eyes are bloodshot.
- Don't use make-up with or add **skin glitter/sparkles**. Glitter/sparkles come out as plain white 'blown out' spots on film, and even looks like small pimples sometimes.
- Use a **lint brush** before going to your photo session, especially if you wear dark clothes and have pets.
- A pimple is easy to photo-shop out -- 5:00 shadow is not. **If your photo session is in the afternoon or evening, please shave again before you go**.
- **Don't try to look like a different person**. This is not a beauty contest, and you do not need to look 20 years younger. It is a good goal to look your best, but you need to look like you. Everybody has their own look, and their own beauty. Be happy in **your** skin.

Samples of poses I found online::



Other specific tips for::

Newborns::

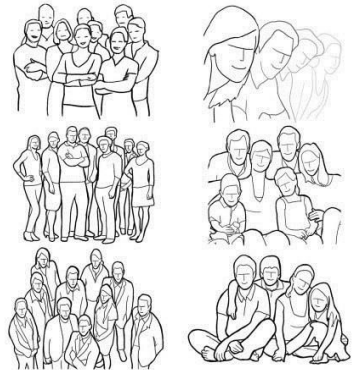
- 💡 Love, love, love their sweet existence. That is all we need to capture. Smiles and shows of alertness are totally unnecessary; in fact, sleeping through the whole things is a nice goal for some great newborn pics!
- 💡 I have some of my own props, but if you have a special or sweet blanket, newborn cap, headband or other props that you would like to try in a pic, bring it!
- 💡 If you want to also take some pics that include mom (dad), that is awesome! If you want, we can also do some of mom, dad & baby with a black tank-tops (on mom and dad) in b&w, (also, do you have a black, white or any color tank-top dress?), I would love to try a few things with this and a black backdrop, if you want to. We can do mom, dad & baby 'regular shots', too, (not the b&w ones) of all/varied combos of you.
- 💡 Do your best to hopefully have baby in a sleepy, content state for the photos. Yes, I know, it is what it is with babies, huh? ;) BUT...the more content baby is during the pics, the better the pics will be.

Maternity::

- 💡 Did you know if you are having a boy or girl? Let me know if you do. :)
- 💡 If you have an ultrasound pic, bring it along!
- 💡 If you want to do shots with a black tank-tops in b&w (if you have black yoga pants or shorts that would be great - even if they are not maternity, if you want bare-belly shots - - you could just scooch them underneath your belly - your choice, but that is an option), (plus... if you have a black, white or any color tank-top dress please bring it), I would love to try a few things with this. Also, white or other flowy blouse &/or dress will look nice for some types of shots. We can also do some of mom & dad regular shots (not b&w/tank tops) - please check my prices for details on this.
- 💡 Do you have something(s) like adorable shoes/boots, shirt, etc. for the baby that you want to bring to do some shots of by your belly (for our indoor shots). This could also include ultrasound pics, a pic of your other children, a cute hat or something that is newborn sized (*so we could do a shot of baby wearing it for the newborn pics*, if we are doing newborns of this baby later), baseball /glove, etc. - whatever is your thing? Just bring along any 'props' like that that you have.
- 💡 If doing maternity shots AND including other children (also, please check my pricing for details on this), we could start inside - at my house - about 1/2 hour before heading to the outdoor location with the other children. I would want you and dad here for that. Is there any chance a grandma, an aunt, or some person the children are familiar with, could come along to occupy them at the house and at the park during the times that I am shooting just mom and dad pics? Actually, she could just bring them separately, if you want, just delayed about 1/2 hour after you and dad get here. Whatever works for you. It would just increase our chances of better and more good pics.

Children::

- Can I get the age, sex, and name info of the other children ahead of time? Sometimes this helps in regards to preparation.
- You are welcome to bring any favorite toy or other prop that is comforting to your child or that you would like to try including in some pics.
- Try to make work the nap time out, in as much as is possible, so toddlers have a better chance to not be cranky from missing nap time.
- Give kids a snack before the shoot if it has been a while since their meal. Bring a non-messy snack, just in case.
- **I do not guarantee smiles.** I rarely work from a tripod, so I am stuck behind the camera and am a stranger. Please plan to help your children smile and be entertained for the session. I have bubbles and small toys in my studio that you are welcome to use as props and entertainment. I also have some bouncy balls and tiny ducks that they can keep. If you want me to bring any of this to a session not in my studio please let me know. In my opinion, children who are not looking at the camera and not even smiling are some of the best pics I've taken and some of my favs that others have taken.



Family| Group::

- Remember, it is more important that everyone is not angry or tense for the photo session. Pictures can still be good if everyone is not primed just so, and even if a little one is acting up or crying. Sometimes things happen, and sometimes those can be some of your favorite pics later. Try to not be overly formal or rigid in your expectations both of the children and of the results. Young children don't generally do formal at that well, but they are awesome at casual!
- A group can include a lot of people, and this can include a lot of dynamics and obstacles. Try to be patient with each other and with having to produce that same old smile again and again. I tell people that I take extras because I want one of when he did not blink, when she sit not blink, he was out of place, she glanced away, he got a weird thought (and look), he blinked again, she got a plastic smile from waiting, etc, etc... you get the idea. We will take extra shots to get the best combination/balance I can.

