

Milk & Honey

PHOTOGRAPHY

art made with love.



FAMILY SESSION

PREP GUIDE

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W E L C O M E

Hi There!

Hi I'm Lisa.
I'm the lady behind the lens at Milk & Honey Photography.
I am so thrilled to be planning your family session with you!
In this guide you will find some key details to your
upcoming session.
I can't wait to create beautiful art & memories for your
family

♡ Lisa



How It Works...

I am so excited to start planning your family session!
I want this experience to be one
you look back on with joy!
I want it to feel like your kids just had a playdate,
and we have had so much fun getting authentic smiles &
laughter!

One of the first questions I usually get is where will we
be shooting ?

...well that depends.. it depends on the time of day,
weather & time of year.

Typically I assess the day of our session and make the
selection that day based on the
weather & direction of sun.



What Do We Wear ?

This Is Us:

Authentic Style for Real Memories

While perfectly styled sessions with flowing dresses and boho hats can create stunning, Instagram-worthy images, they might not truly reflect who your family is.

And that's Ok!

Your family's unique personality, quirks, and genuine interactions deserve to be celebrated exactly as they are.

I adore "This Is Us" sessions, where you style yourselves in clothes you genuinely wear and love—whether that means cozy sweaters, favorite jeans, or your little one's beloved superhero cape.

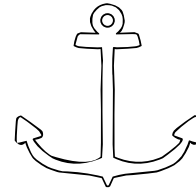
My goal isn't just to create pretty pictures for social media; it's to capture the real, joyful, and sometimes beautifully messy moments that tell your family's true story.

So bring your real selves—exactly as you are—and let's create images you'll cherish forever, along with a fun experience you'll remember long after our session is done.

But If you want a little extra help styling your session continue reading this guide.



Start with Mama first



I love styling sessions around mom—she's the anchor that sets the tone for your family's look. Easy-moving fabrics, flowing skirts, and dresses are always beautiful choices. If you've dreamed of rocking a floral crown with a floral dress, go for it! (And no, floral crowns aren't just for maternity—I absolutely adore matching mama-and-daughter crowns too!)



Long, flowy dresses look incredible on camera, especially when the fabric moves with you.

But If you are not a Dress person that's great too!

If you go for a dress or skirt, aim for longer lengths, as you'll be sitting, squatting, playing, and kneeling with your kids—comfort is key to having fun during your session.

If pants are your preference, fitted styles paired with layers, scarves, or accessories add texture and visual interest.

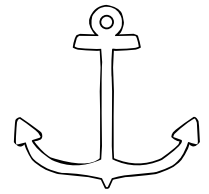
You're welcome to bring an additional outfit; however, keep in mind that changing outfits takes away from our shooting time, particularly if the entire family is changing.

One final tip: Skip the spray tan before our session, as it often photographs with an unnatural orange tint on camera.

Remember, the goal is for you to feel comfortable, authentic, and beautiful.

I also have a very robust client closet with outfits for mom & girls. Get in touch with me on colour scheme and I can email some options.

Start with Mama as The Anchor



How to Building Around Mom Outfit :

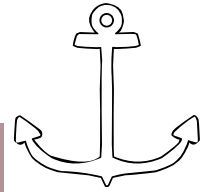
- **Choose Moms Outfit First:** Start with a flattering, comfortable outfit for Mom that fits with the session's location and season. For example, if you're shooting in the fall, consider earthy tones or cozy layers like a soft cardigan over a dress. Neutral tones like beige, cream, and soft pastels always work well.
- **Coordinate Colours:** Once Mom's outfit is chosen, use it to guide the colour scheme for the rest of the family. If she's wearing a soft cream dress, build around that with complementary colours like beige, brown, light greys, or soft blues for Dad and the kids. Avoid exact matching—aim for coordinating tones instead.



Consider Textures and Layers: Layers like cardigans, scarves, or structured jackets on Mom can add depth to the session's overall look. Complement these textures with simple layers for the rest of the family. For example, if Mom's wearing a knit cardigan, Dad could wear a cotton button-up, and the kids might wear soft, layered outfits.



Start with Mama as The Anchor



Patterns can add visual interest and personality to your family's look, but it's important to strike the right balance. Too many bold or conflicting patterns can feel visually overwhelming and busy in your images. Instead, choose one or two complementary patterns and mix them thoughtfully with solid colors. A subtle floral, soft stripes, or gentle textures work beautifully and add a lovely touch of dimension without competing for attention.



Add Variation: Ensure that the outfits aren't too "matchy-matchy." For example, if Mom's outfit is flowy and feminine, Dad's outfit can be more structured with clean lines, and the kids can have playful, child-friendly pieces that still fit within the color scheme.



For Him

Fitted long dress pants or jeans and closed-toed shoes are the best look for men.

Pants work best on camera, unless its blazing hot ...sometimes in baggy shorts and with certain sitting positions, I get an angle of “up the shorts ” shots..

uh..no bueno.

Pants please.

Solid shades of gray or navy are a strong compliment to most women’s outfits.

I also recommend staying away from graphics and logos & please no ball caps

Layers on men look great on camera too, even when it’s warm outside,

Adding another layer will bring extra dimension and visual interest to your photos.

Blazers, vests and coats can up level his look, but if you are dressing the family more casual I suggest opting for no blazer or suit. (weather permitting of course) Suits like black end up looking like a big block of black and generally should be steered clear of .

Prints like plaids are great too include as long as they coordinate with the rest of the family



Prep Dad...

Most dudes are not super excited to get their photos taken; they are not alone... but they also may not totally get why it is so important to you and what is expected of them.

Show him your 2 favorite sessions that I have done, & explain why you love them and express to him how much it means to you to have your family as art too.

I hear from men that because of a not so awesome experience in the past, they don’t enjoy taking photos or don’t think they’ll be good at it.

You can let him know our session will be at most 1 hour and its relaxed and a lot of fun!



My Favourite places

to shop to style your session



Free People
Anthropologie
Zara
H&M
Morning Lavender
Aritzia
Gap
Baltic Born
Joyfolie
Old Navy
Amazon
Shein
Reclamation
Spell Designs
Fillyboo
Boohoo Canada
American Eagle
Hollister
Urban Outfitters
Forever 21
Ooh La Luxe
Vici Dolls
Auguste the Label
Zara
Louise Misha
Rylee + Cru
James Vincent Co.
Magnolia Jaymes
Jak + Peppar

Please dont feel pressure to go out and buy your family and new wardrobe...
mix and match pieces in your wardrobe and email me with some ideas! I am happy to help



Put It All Together

I typically recommend families to coordinate their outfits, in colour coordinated but not too matchy matchy. I suggest NO bright colours like hot pinks, oranges or reds, or colours that clash, no logos, or writing on shirts please. And please No ball caps, and don't forget comfy, but clean footwear.

Here is my Pinterest Page for inspiration for coordinated Family outfits <https://ca.pinterest.com/milkandhoneyphotog/style-ideas-for-sessions/>
Below are some great examples of colour schemes..



Put It All Together



The Color Palette:



The Color Palette:



Additional Session Info :

Should I get Hair & Makeup Done Professionally ?

I love when hair & make up gets done!

Please remember we will be outside, and I LOVE the look of wind blown hair.. so I like when hair stays put.. but not too put. Also If we have to reschedule due to weather it can get tricky if you need to reschedule with your hair & makeup artists too - so please keep that in mind when booking with them.

Kids Kids Kids

Bathroom:

Please have your little people empty bladders prior to our sessions, as the areas we shoot in a very rural and will not have washrooms.

Food:

Please have fed your children prior to getting to the session. Waiting around for children to eat will cut into your shooting time with me, and the # of images you receive.

Liquid: please have only water as a drink during the session.(for the adult kids too)

Late Bedtimes: If we are shooting a sunset session or around bedtime or later than your child's bedtime please adjust the schedule for extra naps that day.

But remember we will be having fun & playing so not to worry!

Snacks & Bribes:

Please don't feed the bears. Joking, not joking. Please no gum chewing, or bribes as foods can stain mouths clothing, and get stuck in teeth. The focus will be on having fun and playing . Please keep treats in the car until after. and NO CHOCOLATE - it is hard to edit out of teeth

Check Faces : please give kids faces a wipe and noses too - it saves me so much time in photoshop



Additional Session Info :



Mom & Dad.. check yourselves too ...

Don't forget to make sure YOU look good in pictures too. Often times parents spend so much time checking to see if their kids are smiling or looking at the camera, they aren't looking at the camera themselves!

Remember your posture, and if you are talking to your kids in pictures, or frowning at them.. the camera doesn't lie. And NO GUM chewing please.. it will look like you have extra teeth.

FAQS



How long will the Session be ?

My family sessions typically last 30 min-1 hour .



What If it Rains ?

We will touch base the morning of your session and assess if we will be going ahead based on the weather.

I am totally fine shooting in cloudy weather, I just can not shoot if its raining.

In the event of raining and reschedule, please keep 2 nights available in that week (mon-fri) to ensure we can have our session together.

If the weather is warmer or cooler than forecasted please adjust outfit selections.



What If my kids won't cooperate ?

It happens, Kids aren't perfect. No body is. I'm a mama too, so I get it. But please remember this

session is about having FUN, with honest moments & real laughter & smiles. I want to capture your kids being unapologetically themselves. Please don't threaten them to behave as this can put additional stress on them.

Let them know its going to be a fun experience!

That being said I am not above bribing.

But PLEASE do not bring bribery treats during the session. It gets in teeth, hands, and stains mouths.

PARENTS :If you are not in the image please ease back and let me interact with your children. Well meaning parents can sometimes throw an extra curve ball by yelling & making noise behind me. Please stand behind me quietly as I am shooting and playing with your children.

Shy children always warm up to me given enough time.



FAQS



What if my kids are sick the day of the session ?

Sick kids happen. If your little people are under the weather please let me know and we will reschedule.

We want your memories for family images to be of happy times for all members of your family. Please contact me as soon as possible if your little one is sick so we can reschedule.



when is Payment due?

Your final payment is due at the session.



When will we see our images ?

With your permission, within 48 hours I will text or email you your sneak peak

I will share 4 of your session images on social media

for your sneak peek :)

*if you would prefer no social media that is not an issue,

I do understand everyone has different privacy reasons

& preferences.



When will we get our full gallery ?

You will receive an email with a link to your full gallery 3-4 weeks

after our session together. You will be able to download the high res files from this link.

As of 2025 I no longer provide USBS



What if we are late ?

I allocate 1 hour for family sessions.

And I totally get having a family completely throws a whirlwind into planning!

If you are running behind please call or text me at 250.319.5657.

I typically have a grace period of 25 min.

If you arrive late we will really have to rush if we are doing a sunset session

