



# KATHARINA ESTEVES

PHOTOGRAPHY

## 8 TIPS ON HOW TO PHOTOGRAPH YOUR CHILDREN LIKE A PRO

If you are anything like me, you will want to document your child growing up as much as you can. Because they are only little once, and it goes by so fast. So, I put together a guide for you to make the most of the memories you capture.

### 1. GET DOWN TO THEIR LEVEL

Angle matters. I often see pictures of kids from the perspective of the parent. There is nothing wrong with this because this is how WE see them; we are naturally taller. How do our kids see themselves? When we get down on their level, it allows the picture to reflect an intimacy on how our children are being captured in the frame. Instead of making them look smaller (this is what can happen when we take a photograph with an above angle), we can show their true perspective and capture how they see the world around them when we get down on their level.

### 2. GET CLOSER

One thing I ask myself when I am on a photo shoot is “How does the background help tell this family’s story”. If I find that the background is distracting, I fill the frame of the camera with my subjects. Give this a try with your own kids. I guarantee you will be much more pleased with the outcome of your picture!

### 3. BE SNEAKY

So many times, my kids would be doing something that I wanted to capture and the moment they saw me with my camera they would stop and say cheese. Then my oldest went through a ‘pose’ phase, LOL! Every single time I got my camera she would do the same pose. Now, when I want a candid photo of them, I get my phone first and pretend I’m doing something else as I discretely take a picture. If I’m not satisfied with the picture on my phone, I’ll then grab my camera. They are old enough now to keep doing whatever they are doing even with me taking pictures of them!

### 4. TIME MATTERS

When Outside, Take Pictures Early in the Morning or Late in the Afternoon. By doing this, it will help you avoid harsh shadows on their faces. Cloudy days are surprisingly the best (and we get a lot of them in Seattle!) because the clouds act like a big umbrella and diffuse the light. So, on those cloudy days, shoot the day away!

## 5. PHOTOGRAPH THE DETAILS

Take a picture of their little hands as they paint or cook. You will want to remember the things they liked to do during this time. A faceless photo can sometimes be stronger than one showing everything. If you have a baby or a toddler, don't wait, take this photo now. Tiny hands, bare feet on the grass... yes, they will always be cute, but they won't be small and chubby forever. J

## 6. TELL A STORY

You know those things your kids are really into now, but you know that they will eventually outgrow? Take a picture of it! Include a background or foreground (the part of the view that is closest to you, the photographer) if it adds details to the story. For a while, my kids would move all of the décor that was on top of my coffee table and would dance and sing on the table like it was their own personal stage. I honestly was tired of the mess, and I was the one who had to pick it up constantly! Until one day, I decided to take a picture of it. They don't play like that anymore and guess what? It's one of my favorite pictures of them! I challenge you to not worry about the messy house, but embrace the chaos and document this crazy time we are living in.

## 7. GET IN THE FRAME

I am guilty of not doing this one enough. I don't really like selfies, so I am almost never in the picture with my babies. Put your phone or camera on a timer and get in front of it. As parents, we deserve to be captured in the pictures as well! After all, we are the ones who are making memories with them.

## 8. MOVEMENT

I just love pictures that show movement! Kids are the perfect subject when it comes to capturing movement, they never stop moving! Take advantage of this stage and photograph all the ways they keep you busy. This tip may be hard to execute for a phone photo, at least it is for mine. You can either stop the movement with a high shutter speed or blur it a little and you will get the perfect picture. If you have a point and shoot camera, I think the sports mode is the best option if you want to photograph the action.

