



charis elisabeth
PHOTOGRAPHY

CHARISELISABETH.COM

charis@chariselisabeth.com / 405-310-7395

BREASTFEEDING MAMA MINI SESSIONS

These sessions are a celebration of the hard work, love and special bond that goes into feeding your little one. They are about connection and love. Images for you to remember years down the road the beauty in spite of the hard of these hard times.

Decide how much skin you want showing and are okay with showing...that makes a difference for you photos.

Unless I tell you to, I want you to NOT look at the camera! I want you to be looking at and engaging with your little one. Taking this little bit of time to just soak in the love and joy.

Choose neutral, earth tones, jewel tones or pastels

these are some of the best colors for skin tones.

Let your clothing move!

I will have you moving a lot during the session - KEEP YOUR CLOTHING COMFY and ABLE TO MOVE IN. You will be hugging, kissing and playing with your little one. Dresses and skirts add delightful movement.

if you choose a skirt and top or jeans and a top - keep one part loose. Jeans with a loose, oversize sweater or kimono. Wide leg loose pants with a more snug top (just make sure you can still nurse! :))



Don't match. Coordinate.

Compliment with your little one.

Keep make up natural.

You will want to avoid using very heavy makeup, but a bit of color on your lips, eyes, and cheeks will help bring you to life in photos. Keep nails a natural color.

Clothing Design

Know how much skin you feel comfortable exposed. If you don't wish for much wear a two piece outfit - jeans and oversize sweater, skirt with top, etc. Having it split in the middle like that allows you to stay covered but still nurse.

Footwear

For these sessions I recommend either going barefoot or sandals. This gives a natural relaxed look.

SAY YES:

- ability to move
- classics
- large prints
- solid colors
- layers
- accessories

SAY NO:

- tiny checks
- tiny stripes
- logos
- neons
- tiny plaids
- thin / tight t-shirts
- pure whites

PINTEREST BOARD

CHILDREN

Follow similar ideas to the adults, make sure your child's clothing fits and is comfortable!
great places for kids clothing: Rylee & Co, Gap, Old Navy, Target, Zara Kids

an hair bow or tights are a fun way to add texture and interest.

if your child has sensory needs please keep those in mind. Don't force clothing on them that will make them super uncomfortable.

For little ones under 3 months - wear a solid color onesie or sleeper. Feel free to add in bow or hat for some photos.

Another option with little ones is just a diaper (Cloth covers are great for this!)



CHARISELISABETH.COM

charis@chariselisabeth.com / 405-310-7395



