



I am personally not a big fan of primary colours. Red can cause a colour cast on the skin so bright colours are best avoided. Instead, choose shades like blue-grey, cream, hues of pink or soft green. Like-wise, richer colours and can also have impact depending on the location and the season of the photo shoot: olive or forest green, indigo blue and dark purples are all great colours to consider for your family photo shoot. Solid white can appear flat in photos so choosing a shade like ivory or a light cream will appear more flattering.

Don't forget about shoes and how they look with the outfit as a whole. Wellies are also a great option for young children during the autumn and winter and allow for jumping in puddles. For at home shoots, I prefer bare feet but if you prefer to wear socks make sure you choose the ones without holes!

3. Coordinate but don't match5. Go for neutral or natural shades or pastels6. Choose ivory over white7. Don't forget about your footwear4. Layer to add texture2. Think about the the location of the photo shoot1. Feel comfortablePlease do not feel like you have to dress smart for the photo shoot. Relaxed and casual clothing like jeans and a t-shirt or light shirt/blouse or a floaty dress work particularly well for in-home and outdoor family sessions. Starched shirts and Sunday best will feel too formal and make it harder for you feel relaxed and in the moment. The most important thing is to be yourself and feel comfortable. Another consideration when thinking about outfits and colours for your photo shoot are the backgrounds we are shooting against. Go for shades and tones that complement the decor and styling of your home, especially if you are looking to display the photographs as wall art. A good guide is to keep things neutral.

In the spring and summer shorts and a tee are perfectly relaxed as are summer dresses. Outdoors, there is a lot of bright green around at this time of year so, consider complimentary pastel hues as well as natural shades. Dusty rose pinks, soft blues and dove-greys are beautiful spring-time colours and work particularly well when shooting against cherry and apple blossom.

A good tip is to try and coordinate what everyone in the family is wearing for a cohesive look. Choose 3 or 4 colours and shades that work well together but don't all match. A photo with everyone wearing blue jeans and white shirts will look flat and dated - let everybody's individual personalities shine through.