

Try not to let your hips face the camera straight on. Instead, pose sideways and turn your shoulders and head toward the camera. If you're standing, shift your weight onto your back foot. Voila: You've dropped 10 pounds.

Hold your head high and jut it forward slightly to eliminate the possibility of a double chin. It may feel a bit unnatural, but it will look beautiful.

Straighten your spine. Pretend there is a string attached to your head that is pulling you up. Then, cross your arms at your chest or rest your hands on your lap or your sides or in your pockets... You'll look poised but comfortable.

Smile like you mean it-not like your life depends on it. Grinning too broadly can make your eyes seem squinty. If you visualize something you love, a fun moment...your smile will look natural.

Relax and have FUN, when your guard comes down, the magic happens. Be yourself!

For group photos it is best to stick to solid colors rather than prints and to wear coordinating outfits. For individual & smaller groups photo it is best to wear what makes you comfortable and reveals your personality...if that is wild prints...then go for it... there are no rules to who you are!

Be enthusiastically active, this involvement will ensure great portraits.

Let your family, friends and all involved know that you would appreciate their cooperation in getting great photos for you to cherish.

Look through magazines and get ideas of photos you like and then carry and position your self in a similar way.

Relax your hands, and the rest will follow.

Consider where you will be photographed during the day...is there anything you can do to make them more appealing in photos.

PROPS: Bubbles, sparklers, flower petals...make great photos for your grand wedding exit...other props for weddings could be heirlooms, silver powder compact and anything else that represents you and your personality

Props for portrait shoots should reflect your personality; they can be anything from something you cherish to something whimsical. Think outside the box and don't be afraid to be you or try something...that is when true art is created.

For maternity shoots please try to keep your elastic bands down low around your waist for a minimum of 1 hour before you photo shoot and during your shoot as well. If you are concerned about your weight let me assure you that you are beautiful and we will capture that!...not your water weight...but there are some things you can do...wear longer sleeves and darker colors. I also prefer to do these shoots in the last 6 weeks before your due date.

Newborns. Please book your newborn photos before you deliver. Set the photo session for 12 days after your due date. That way if you are early or late, we still get to capture the fragility and beauty of your newborn within his/her first month.

I prefer to do my location photo shoots in the evenings and early morning to work with the sun, not against it. Studio photo shoots can be scheduled anytime that works in your schedule.