

Portrait Photography Tips Guide

A GUIDE FOR PARENTS

HOW TO TAKE BETTER
PHOTOS
OF YOURSELF AND YOUR
CHILDREN

Making the most of
the light

*to create images that
will last*



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PHOTOGRAPHY

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A NOTE FROM ME

I have had an unusual entry into photography and since I started taking an interest into it, my life has been much more creative. I started photography as a business after spending 10 years taking photographs as my hobby and passion. I learnt digital photography by doing an "Introduction to digital photography" course in a college in the evening while my son was still a baby. I also organised meet-ups for mums interested in photography where we invited professional photographers and the best way for me to learn was by practising with others. I trained some more and I still do.

In this guide I have condensed some tips that I use, without too much of the technical stuff, just practical. If you're interested in the technical, I would love to talk to you and arrange a 121 photography chat.

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HOW TO START

CAMERA & SET-UP



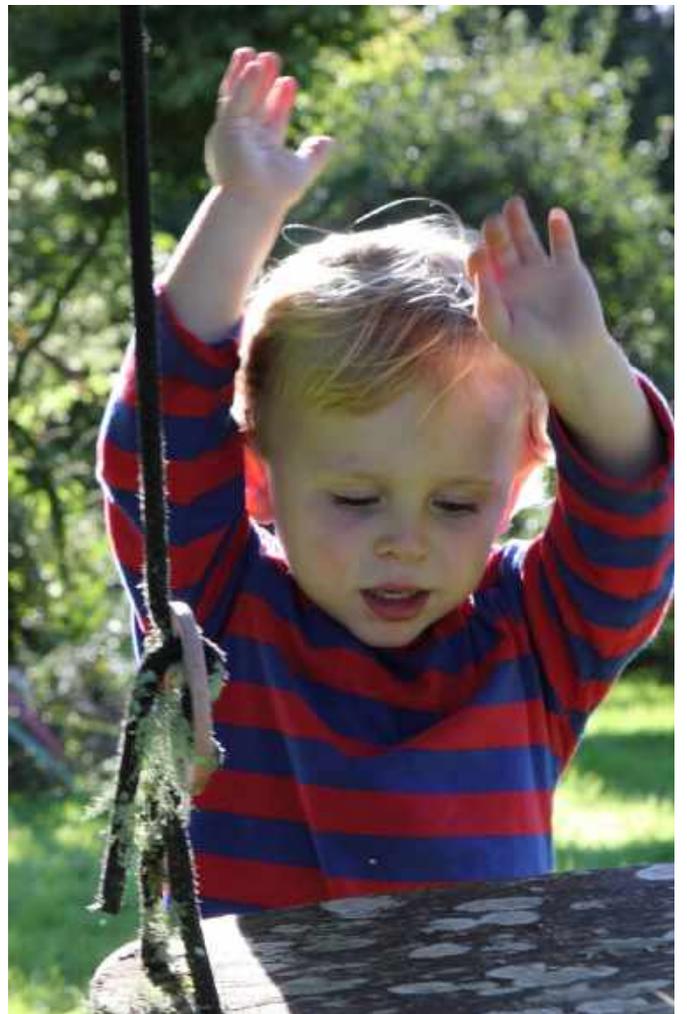
Don't wait for things to be perfect, just steel a moment and go for it.

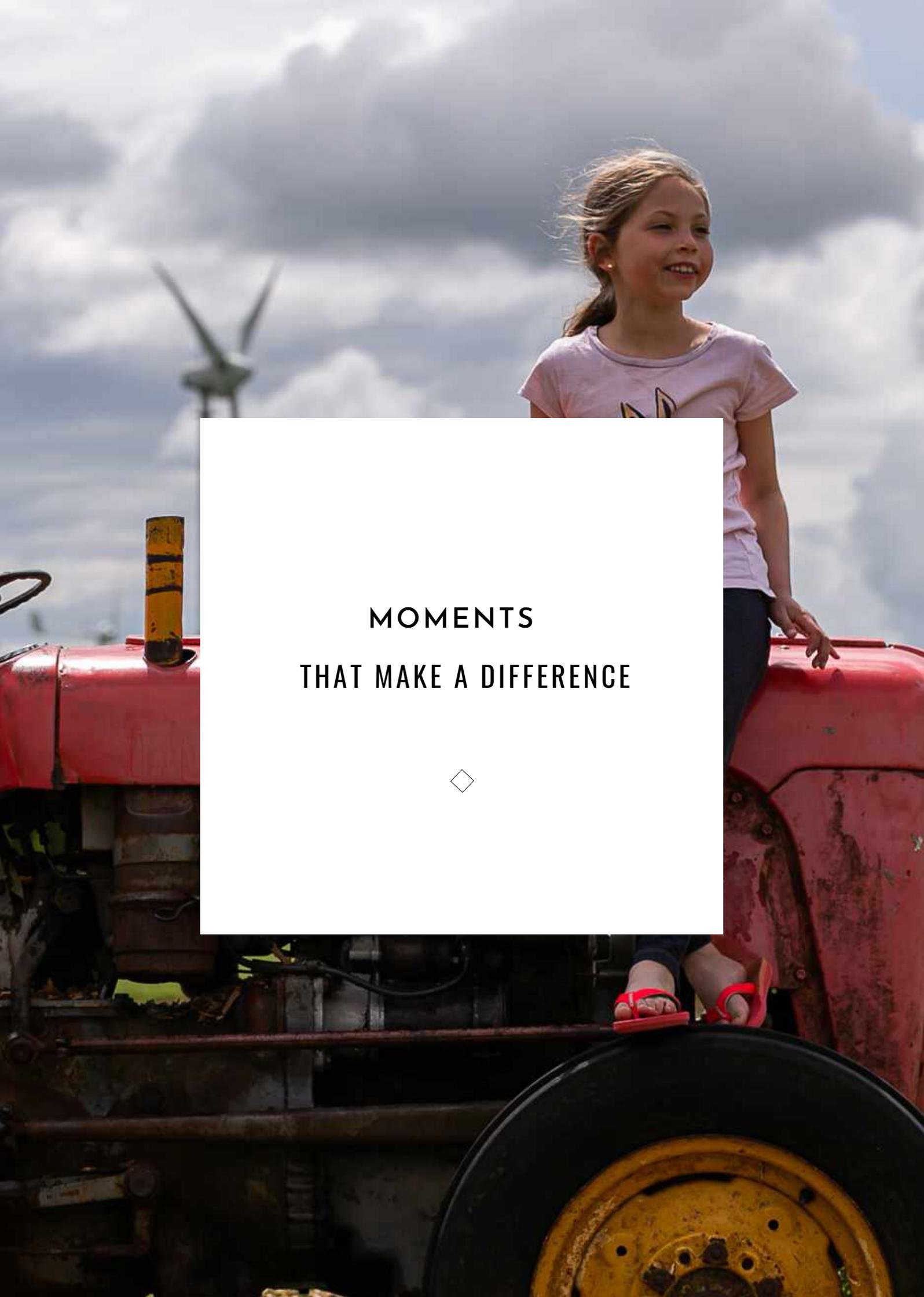
Camera wise, you can use anything, your phone, a DSLR or other camera you may have.

Set-up an area, a corner of your room or of the garden where you feel you have a good balanced light, do a little bit of decluttering so that things don't get in the way or in the background, take your camera and shoot.

"THERE IS NOTHING LIKE A TRANSIENT MOMENT THAT YOU CAN CAPTURE FOR EVER! JUST GO FOR IT!"







**MOMENTS
THAT MAKE A DIFFERENCE**



MOVING AROUND

changes your perspective



It is great to experiment with different levels and perspective.

In particular with children or pets, getting down on the floor, or shooting from above or through things or frames, is a great exercise.

I love getting down on the floor, literally lying down as it is a completely different perspective.

Experimenting with the different positions is a great way to notice and be aware of the different effects you can achieve.

01.

Down on the floor

Lying on the floor at the same level as babies & small children.



02.



Shoot from above

Standing right on top of the subject, to capture the perfect view from above.

03.

Shoot from under

This is great for "airplane" or "hold the baby up" type of shots.



COMPOSITION

The Rule of Thirds

The basic principle behind the rule of thirds is to imagine breaking an image into thirds (both horizontally and vertically) so that you have 9 parts. The intersection points are where the eyes are naturally drawn something that makes photographs more balanced and pleasing to the eye.

The intersection points represent more interest than the centre of the shot.





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PRACTICE,
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LIGHTING

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In this guide we will be covering natural light and not other sources of light, such as flashguns or studio lights.

The light from the sun is the main source of natural light and it comes in two broad groups.

Soft light, such as the light from a window or overcast skies.

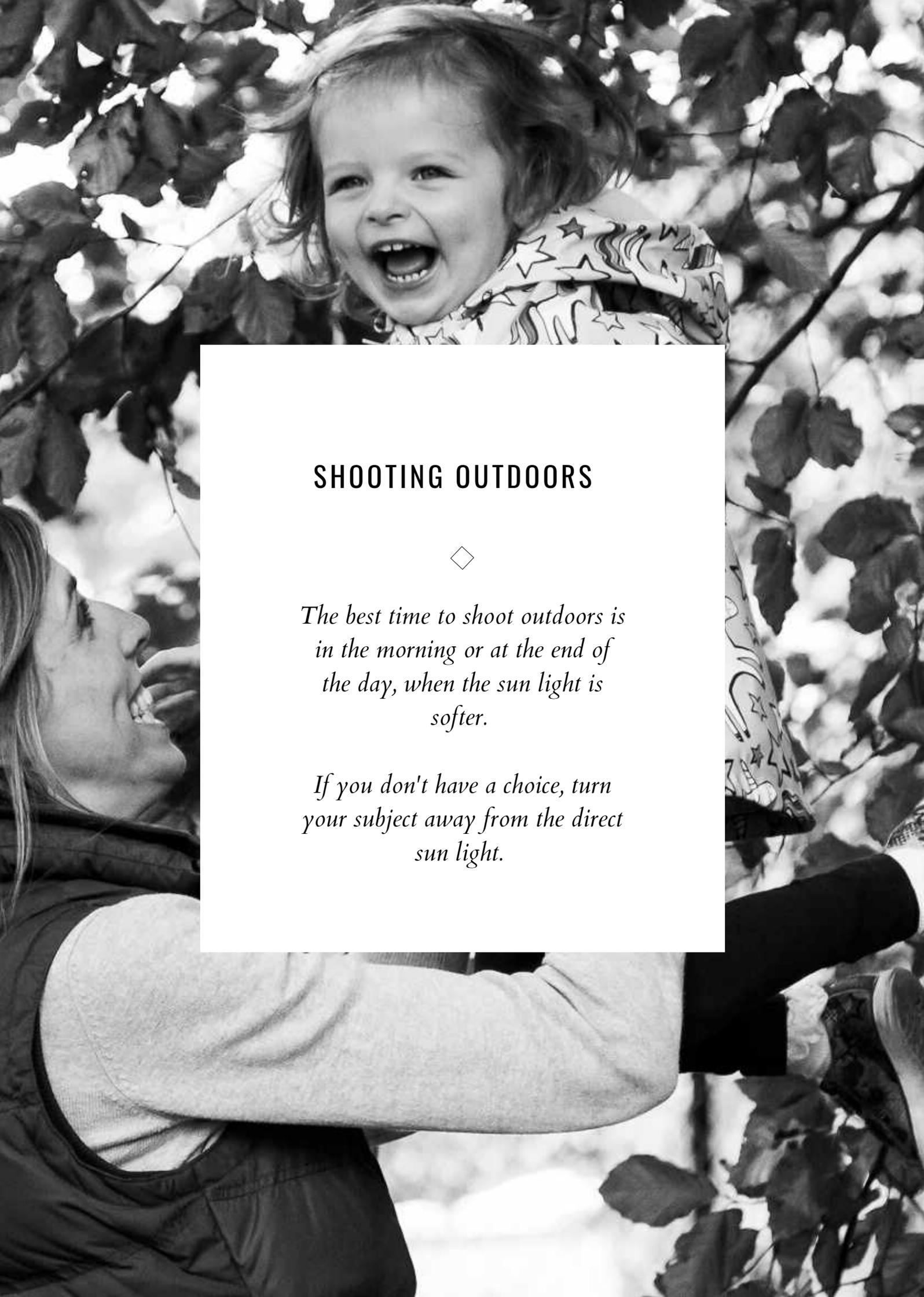
Harsh light, such as direct sunlight from the sun, in the middle of the day.

Soft light is more flattering and wraps around the subject, creating even looks.

Harsh light is more dramatic and creates shadows & contrast. When used deliberately, harsh light can create dramatic effects. Otherwise it is better to avoid.

In the house, the best source of soft light, are windows or an open door.

Outdoors, either an overcast sky or shaded areas (not dappled).



SHOOTING OUTDOORS



The best time to shoot outdoors is in the morning or at the end of the day, when the sun light is softer.

If you don't have a choice, turn your subject away from the direct sun light.

BACKGROUNDS

can have a strong impact



When shooting in your house, try and find an area, where there isn't a lot going on, in the background. Unless you are shooting for a documentary style.

Busy backgrounds can be distracting.

When shooting outdoors, take a moment to consider, where to place your subject.

Make sure there is nothing coming out of heads or generally there isn't a lot of people / cars / objects behind your subject.

01.

Change direction

If in your first choice the background looks too busy, turn the other way.



02.



Enhance your photos

Use a natural background to enhance your photos.

03.

Move to the side

If a tree is sticking out from your subject's head, move to the side to avoid it.





**Now it is your turn to take
photographs. Please share
them and tag me
@lauraphotographylondon
or drop me a line if you'd
like to discuss them.**



*Good Bye
xo*



LET'S KEEP IN TOUCH

I hope you enjoyed this guide. I would love to hear how this has helped you and see the photos you have taken. Please do tag me on social media, (Instagram or Facebook) @lauraphotographylondon
Email me at photography@shimilimears.com
Or on WhatsApp 07934788100.

Laura x



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PHOTOGRAPHY