

Victoria Burcusel
lifetime stories
— PHOTOGRAPHY —

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HOW TO TAKE
PICTURES OF YOUR CHILDREN AT HOME
by
VICTORIA BURCUSEL



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HOW DO YOU WANT TO DO THIS?

I am sure you have always asked yourself:

How do I snap great shots of my family and make them look just a bit special?

Are you the mum who likes to play it by ear, or the mum who likes to have everything organised and neat?

Do you have that PRO camera and you haven't used it in ages?

Or you just want to use your phone?

Well, I've got you covered, whatever your style I can teach you.

There is only one rule and I always follow this rule in my studio:
you have to adapt to your baby and children's personality.



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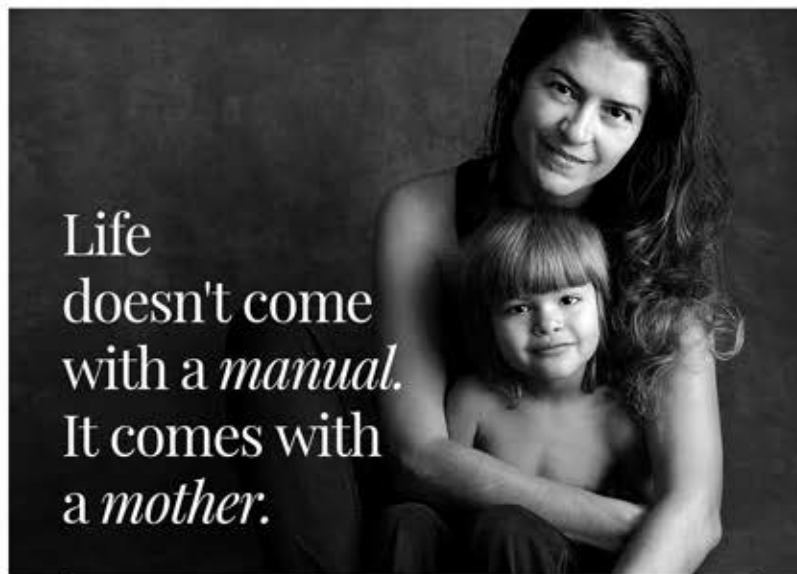
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a mum who loves to take pictures of her kids

INTRODUCTION

If there's one thing we should all be doing for our future selves, and our future generations, it's to document these moments, even if you think they're mundane.

Right now you're spending more time with your family than you ever have, and as challenging as this is, it's also a great opportunity to embrace this time and record what it's like.

WHAT I COVER IN THIS PDF

How to photograph your kids at home

How to photograph your newborn baby.

General photography tips.

Who am I to teach you this?

General tips for printing your images and how to get them perfect in camera.

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Who am I?

I am Victoria Burcusel, and I am a maternity, newborn and family photographer at Lifetime Stories Photography. Yes, the name was chosen with a purpose.

When I was a baby I didn't have my newborn images captured....
my first photo was taken at the age of 4.

This image is close to my heart, because I could clearly see my chubby face with a full head of curls, but more than that - I can see my mum in the background, even though she is a little bit blurred out...but I know she is there for me and my sister.

I made a goal to be in my son's life and capture his story every step of the way,
and I want you to do the same.

So why choose me? Besides the fact that I am a great photographer, I am fully immunised,
and that I listen to your baby's cues and I work along him and you?

I have set a clear goal for myself: to celebrate your motherhood journey!

I want to document your pregnancy, the birth of your child, and I want to show
you the unconditional love and bond you have with your child.

I want your child to look at you, mum, and find you in his life wherever life will take him.

I want you to look at your baby's images and
remember the feeling of love that came with giving birth.



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GEAR YOU CAN USE



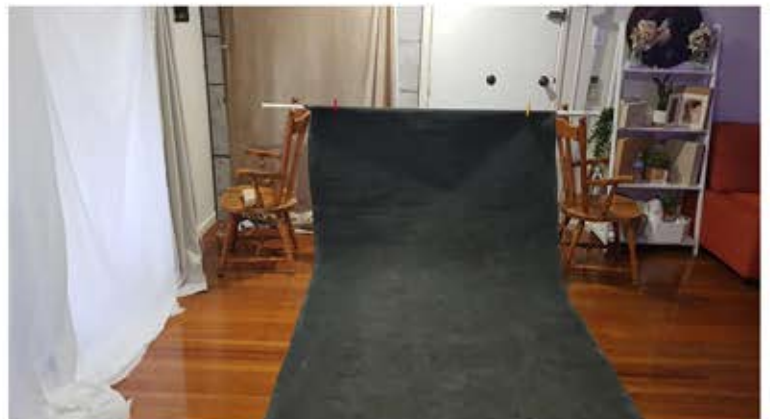
THE SIMPLE GEAR

MOBILE PHONE: I PHONE/ANDROID
1X IKEA CURTAIN ROD or any rod will do
1X BLACK/WHITE BLANKET



THE PRO GEAR

DSLR CAMERA
24-70 MM ZOOM LENSE *my go to lenese for these setups*
BACKDROP STAND
BLACK/WHITE BACKDROP





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LEARN THE LIGHT FOR NEWBORN POSING THE FRONT LIGHT

Usually the backdrop is placed in front of the window. And your baby is facing the window. This light is flat and clean... In this image the mum is turned away from the window with her face in the shadow but the baby's face is towards the window and gets all the light on his face.



THE LATERAL LIGHT

Your baby is placed in the bed and a window is parallel with the bed. This light will give your baby's face a lot of shadows creating a three-dimensional look by the shadows.



THE BACK LIGHT

The backdrop is in fact your window. This is perfect for profile images. If you want to bring more light into the faces just use a piece of polystyrene to reflect the light back into your baby's faces.



ALWAYS REMEMBER TO PLAY WITH THE ANGLES, TURN YOUR KIDS FACE TOWARDS THE LIGHT AWAY FROM THE LIGHT.



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LEARN THE LIGHT FOR OLDER KIDS

THE FRONT LIGHT



The backdrop is placed in front of the window. And you're facing the window. This light is flat and clean... possibly the easiest set up.

THE LATERAL LIGHT



The backdrop is set up parallel with the window or even 45 degrees towards the window. This light will give you half of the face with shadows creating a three-dimensional look by the shadows.

THE BACK LIGHT



The backdrop is in fact your window. This is a little hard to achieve with a normal phone, but it can be done. You just need to make sure your luminosity on the phone is high enough or you need to bring a reflector to make the face a little brighter. You can use a piece of polystyrene.



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KEEP IT SIMPLE-MOBILE PHONE SETUP



Don't try to set up a studio. Keep it simple. Try and embrace the mundane moments and capture your kids and family as they are. Take some sneaky photos of them playing, doing their school work, sleeping, watching TV, maybe even having a tantrum. All these moments are memories, the good ones and the challenging ones, and they make for great stories later. Play around with angles, just for an interesting perspective, then try and come to their eye level, and see the world through their own eyes.



Where possible, try and keep your house well-lit. Open the doors, blinds and curtains and let the natural light in. It also allows you to take some great photos that are nice, clear and well lit. Make sure you snap the photographs when your windows are covered with your see-through curtains or when the sun is not too harsh. You want to get a diffused light, so you don't get the harsh shadows and highlights on the nose or cheeks. ☒



Get some photos-and get some lifestyle images-these are the images where you hug, kiss and laugh with your babies. Pass the phone to your partner or one of the kids. Turn it to selfie mode. Hack it and attach it to something (or just place it against something). Do whatever you have to do to make sure you are present in photos during this time. Your kids will thank you for it later. Don't even worry about your PJ's and bed hair - just be in the photos! Plus, you can always turn these images in black and white and your faces will be the ones that matters.



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THE PRO SIMPLE SETUP

Are you ready to become the pro mum with the camera?

Here are my top 3 tips for more professional looking images taken in your own home. These can be done with a phone or a dslr camera.



1. Set up the background or the backdrop. Clip a black flannel blanket over an Ikea curtain rod. This curtain rod can be placed on the back of 2 chairs. This way, even if your home is full of games and books for all that homework, you will have a clean background. You can use any colour as long as they are plain colour so they don't distract.



2. Place your backdrop stand in facing your natural window light. If you do this, you won't need to use any flash or other fill, plus the kids will get the perfect light and no harsh shadows ...just soft, beautiful natural light



3. As your backdrop is supported by the chairs, your background will be lower, so you can ask your kids to sit down ...that will make them sit still while you take their images. Make sure you are taking close-up shots as well as their entire body...in the end explore and remember to make this experience fun, maybe like a home project.



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HOW TO PHOTOGRAPH YOUR NEWBORN BABY



1. Best practice is to photograph your baby immediately after he wakes up: that's the time when he is just happy to see you. And capturing these little smiles and giggles is priceless. You can even use the crib to capture his face through the crib bars,

or you can go for lifestyle images by removing all the blankets and photographing your baby in his natural space.



2. Don't go for crazy set-ups: make it safe for your baby. Place a pillow close to a window and tie/wrap a blanket over it ...you create a pocket and your baby can be photographed in here while he sleeps ...you can even lift his hands over the blanket.



3. When you photograph your baby, make sure that you don't see the baby's nostrils. If you see them, you need to take the shot from a slightly higher angle.

4. Ideas for posing your baby safely:

- back pose the simplest way
- tummy time
- wrapped in his swaddle/wrap/scarf
- on your partner chest
- feeding time
- breastfeeding time
- on the bed while brothers are kissing them





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GENERAL TIPS

A great tip for all your images is to get your composition right. You can frame your child in the middle or more to the side....this is called the rule of thirds, and somehow this is more pleasing to the eyes.

Print your images into an album with Chatbooks or ZNO and enjoy sharing the memories with your kids. And don't forget to share some of your shots with me. I can't wait to see what you create.

Set yourself a challenge to take at least 1-3 great photos a day, add them to an album on your computer, and choose a title together with the family, as this is your project.

Remember to capture the little details: little hands/messy hands , cute new lips/ smiling lips, feet, little feet/messy feet. These are the most perfect images.

Wanting to know more about how to work with a DSLR camera? Knowing what lenses to use, what is an F stop, at what shutter speed to photograph the images so that they are in focus, and what ISO to use so they are not full of noise can be tricky when you have a professional camera ..but please send me an e-mail if you want to learn, as I am preparing a course where you can learn all of these.



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