



Photo: Fotolia

PICTURE PERFECT

GET GREAT PHOTOS OF YOUR KIDS

by LISA EVANS



Photo: Danielle Bernier

Kids grow up so fast. One day they're swinging on the jungle gym and the next, they're off to university. Capturing all the great moments of your child's life has become easier with digital cameras and cell phone apps, but getting great photos you can frame and treasure forever can be a challenge.

It seems that as soon as the camera comes out, so do the tears or "cheesy" smiles. Kids have a tendency to move around, get distracted or turn their heads away from the lens, making for a long line of blurry shots. The sad truth is, as much as you may want to capture every moment of your little one's fourth

birthday party, filling in the pages of the family photo album is not their primary concern.

"Photographing kids is one of the best parts of my job, but it doesn't come without its challenges," says Danielle Bernier, who has been professionally photographing children for three years. "Kids can be unpredictable. They can be sassy, uncooperative and frustrating. But with a little time and practise, it really is possible to capture lots of good, useable photos of your own children," reassures Danielle.

As a mom of two, Danielle knows all too well the frustrations parents face when trying to photograph kids and has developed a bag of tricks that help kids to relax and parents to grab those frame-able shots.

Set the mood

Many kids see the camera as an annoyance, primarily because parents have tried to take photos when they simply aren't in the mood. "Never attempt to photograph your child when they are hungry, overly energetic or when it's close to nap time," warns Danielle. These photos will almost always result in a frustrated parent and an upset child.



Photo: Danielle Bernier

www.downtowncarletonplace.com



**The Carleton Place BIA
MASKERAID HALLOWEEN PARADE**
Saturday, October 27 • 7 pm
Lansdowne Avenue
Register your float now!
Register - cmcormond@carletonplace.ca
613.257.8049
Donations accepted for the Lanark County Food Bank

LIVE PICK YOUR PLAYLIST CENTREPOINTE SHENKMAN 2012-2013 SEASON
CentrepoinTE Theatres

NOV 10  JUDY & DAVID JIGGIJUMP	MAR 23  SWAN LAKE	FEB 16  WE'RE GOING ON A BEAR HUNT
NOV 18  Pinkalicious	FEB 18  POTATOES Chris Patterson	MAR 30  BEAKMAN ON THE BRAIN

Shenkman Arts Centre

Special Offer: Buy all three family shows at Shenkman Arts Centre and receive one free family pass to the Canada Aviation and Space Museum.

Tickets: 613.580.2700 CentrepoinTETheatre.com ShenkmanArts.ca

BECOME A FRONT + CENTRE MEMBER FOR BEST SEATS & BEST PRICES





Photo: Danielle Bernier

Once a cooperative mood has been established, Danielle says anything goes to get kids to give you that winning smile. "I use whatever I can think of that'll help them relax and have a good time," says Danielle, who is known to use jokes, silly noises, funny faces and even a hand puppet or the promise of a sweet treat to coax a smile.

Create a relaxing environment

Kids are relaxed when they're doing something they enjoy, so why not get your child involved in an activity they love such as doing a craft, playing in the sandbox or even baking cookies. "If they are doing something they love, you can guarantee that most of the smiles will be genuine. And because the photos are so uniquely them, they'll be the ones that you always cherish," says Danielle.

Getting outdoors is another great way to help kids relax. Ottawa has many wonderful locations that make for the perfect photographic setting. Parks, nature trails, outdoor skating rinks and splash pads around the city provide endless opportunities for getting awesome action shots. Choose a location that best suits your family's lifestyle, grab your camera and start snapping.

While a good time at the park may be all that is needed to capture the winning smile of your little one, teens can be more difficult. Danielle suggests discussing the photo shoot with your teen and allow them to have a say in choosing the location, their clothing and the activity you capture them doing. Taking pictures of your teen skateboarding or playing a musical instrument is a great way to capture authentic photos that portray their unique personality. These genuine shots, rather than the posed, studio photos, will be the ones you want to frame on your living room wall. ♦



Nurturing You

**Personal training,
nutritional counselling,
yinyoga and
energy therapy,
all under one roof.**

Benefits of being nurtured at nurturing you:

- Weight loss or gain
- Improved fitness levels
- Strength
- Wellbeing
- Stress management
- Private
- Personalized, it's all about you
- Ongoing support
- Committed to your success
- Team work
- Fun
- Flexible schedules
- Payment plans available

**Grab a friend or two and
save with our packages**

Register in July and Save 10%



| Holistic Fitness Consultant | Personal Trainer | Yin Yoga Instructor |
| Yin Yoga Therapy | Nutritional Counsellor | Reiki Master |

| 613-294-4182 | www.Nurturingyou.ca | Dora Boukouris

Eight Simple Ways to Get Great Photos of Your Kids

1 - Create a relaxing atmosphere

Nothing will guarantee worse photos than putting your child in an awkward pose or forcing a smile. Showing interest in the things they like and photographing them doing these activities will create more genuine, authentic photos.

2 - Mood allowances

Never attempt to take photos when your child is in a bad mood, hungry or overly energetic.

3 - Get outdoors

Enjoy Ottawa's many picture perfect locations. Get outdoors and have some fun, snapping great action shots along the way.

4 - Get down

Move the camera around and try different angles. Shoot from above, through an object like a slide or tunnel at the park, and get down on your knees or your tummy to capture the world from your kids' perspective.

5 - Avoid the sun

"Photographing anyone in the blazing sun can not only create harsh shadows on faces, but could also result in squinting and some not-so-flattering facial expressions," says Danielle. Cloudy days, early mornings and evenings provide the best lighting conditions.

6 - Choose natural surroundings

While pictures of babies in a basket look incredibly cute in the Anne Geddes calendar, photographing them in their natural surroundings - lying on Daddy's chest, snuggling with big sister on the sofa or drifting off to sleep in their bassinet - create more genuine photos that you will treasure forever. "Trendy props will come and go, but capturing the intimate family moments as they happen will be the memories you cherish the most," says Danielle.

7 - Remove distractions

If your child's favourite movie is on television in the next room, you will likely end up with a bunch of side-of-head shots. Remove any distracting items that take away from your subject. Throw dirty socks in the basket before shooting your kids in that space. Even though it may be a great photo of your child, the socks will distract your eye and it will always be "that picture of the dirty socks."

8 - Keep snapping

The more photos you take, the better your chance of getting that perfect shot. Thank you, digital!

Compiled by R. Legault.

TONI DAWN TODD



Photography, Ink Drawings
and Digital Art



TONI TODD
expressions

613-791-0446

www.tonitoddexpressions.ca