

# JORDAN LAMBESIS

family session guide



**(BECAUSE THE BEST PHOTOS ARE THE MESSY, JOYFUL, REAL ONES.)**



Lets talk family sessions. These photos are ones that get cherished, framed, printed, sent around, and loved.

We know that wrangling the family and making everyone happy isn't the easiest of jobs (shout out all the moms out there that do it everyday!).

This guide is here to provide ease and set expectations on how to help you walk in feeling prepared. This is long and lengthy, but is designed to provide you guidance if needed.

## **HOW TO MAKE THE KIDS HAPPY**

it really just comes down to 4 things

### **NAPS**

I'm here to work around your schedule. Tell me the windows that work best for your little ones, and I'll plan the session around their rhythms so they show up happy and rested.

### **SNACKS**

Bring them. Truly. If you want to lay out a little picnic, even better. I want to capture your family as you are, and that includes snack breaks. Same goes for my own household, so no judgment here.

### **COMFORT**

We'll aim for at least one "everyone look here" photo, but the real magic usually comes from movement and interaction. If there are toys, phrases, sounds, or actions that hold your child's attention, let me know so I can work them into the session.

### **CLOTHING**

Kids photograph best when they feel good. Choose outfits they can move in and avoid anything itchy, stiff, or slipping. If you have a little doubt about the outfit, bring a backup just in case.

## **AND THEN A COUPLE MORE....**

Temperature Prep - Arizona can be intense. Bring layers, water, and sun protection. Comfortable kids are far more willing to participate!

Breaks and Pacing - Breaks are normal and expected. If someone needs water, space, or a quick reset, we pause. The session is flexible, not rushed.

Safety and Boundaries - Your kids won't be asked to do anything unsafe or uncomfortable. Everything is guided, gentle, and age-appropriate. If they are taking the reigns on exploring and you think it is too far, please provide that guidance.

Parent Involvement - You'll be nearby helping with attention cues when needed. Keep verbal direction gentle... avoid "say cheese"... and let their personalities unfold naturally.

# BEST TIME OF DAY FOR LIGHT

Please note these are recommendations for outside shoots so you know what to expect depending on the time of year in AZ.

## December–February

Sunrise sessions: 7:00–9:00 AM. Light is soft later in the morning because the sun stays low.

Late-afternoon sessions: 3:00–5:00 PM. Golden hour starts early.

Midday notes: Cooler temps allow midday shooting without the heat!

## March–May

Sunrise sessions: 7:00–8:30 AM. Ideal before heat and harshness build.

Late-afternoon sessions: 5:00–7:00 PM. Strong, warm color in the last hour.

Midday notes: Can be harsh by 11:00 AM, shade and flash shoots recommended.

## September–November

Sunrise sessions: 6:30–8:00 AM. Cooler mornings with soft, usable light. Can still be warm though!

Late-afternoon sessions: 5:00–7:00 PM. Earlier sunset; warm tones return, can tap into blue hour.

Midday notes: September still hot, October–November more flexible with shade and flash.

## June–August

Sunrise sessions: 5:00–7:00 AM. Only reliable soft light before extreme heat.

Late-afternoon sessions: 6:30–7:30 PM. Golden hour is short but rich.

Midday notes: I try to avoid entirely, extreme temperatures can make shooting outside difficult.

## General Arizona Considerations

One of the coolest times of day in the desert is “blue hour” which is right after the sun goes down. For golden hour sessions, this time can also be incorporated.

I aim to avoid direct sun between 10 AM–3:00 PM in spring/summer unless using shaded locations. These times are not cut off, just something to consider! We can do some really cool things with flash.

Desert landscapes reflect warm tones (something my style leans into!), golden hour is especially strong + a favorite time to shoot for me.





# SHOOTING ON LOCATION

## LOCATION SUGGESTIONS

**Home:** Comfortable, intimate, and personal. Perfect for newborns and lifestyle-focused sessions. These are where the personality of your family really shines and we can capture in the most familiar of places.

**Desert:** Iconic Arizona look with warm tones, wide landscapes, and stunning golden hour. Great for all, but should be careful around the cactus.

**Park:** Soft greenery, open fields, easy walking paths, ideal for families with young kids. Usually somewhere close to home and that you are familiar with.

**Urban:** Clean lines, textured backgrounds, and modern vibes for families who want something less traditional. Central Phoenix offers some great locations that we can explore.

## Notes

Interaction prompts for natural moments

I will use movement to keep things relaxed: walking hand-in-hand, swinging the kids between you, snuggling in close, whispering something silly, playing “follow the leader,” or having the kids show you their favorite dance moves. These all help create genuine expressions without forcing anything!

Props to bring

Bring a blanket for sitting shots or a place to settle. Pack a few small toys, comfort items, or activities that feel natural for your family. I suggest a portable bubble machine / manual bubbles, a favorite book, bikes, games, or a simple snack setup. Props should support the moment, not distract from it.

How to handle pets

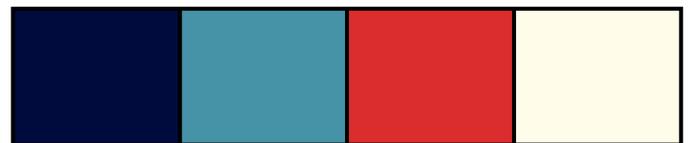
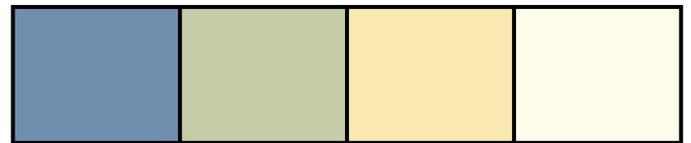
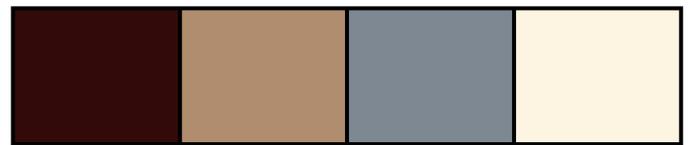
I love your family pets. If you’re bringing a pet, plan for the first 10–15 minutes to include them and then bring a leash, harness, or a designated helper to step in once the photos with your furry friend are done. Pack treats, water, and expect a little chaos! It photographs well.

# WHAT TO WEAR

Tips for coordinating outfits without matching

Choose a color palette with 3–4 tones instead of identical outfits. Mix textures and neutrals, and anchor the family with one patterned piece. Avoid heavy logos, neon colors, and anything overly busy. Aim for cohesive, not uniform, so each person still feels like themselves.

I am a big fan of color! Please feel free to add pops of reds, blues, yellows, greens, whatever in there.



Examples could look like:

Family of 4 - color palette: soft olive, cream, denim, warm brown

- Parent 1: cream linen top, light denim jeans, brown sandals
- Parent 2: olive cotton dress or olive button-up with tan chinos or cream skirt
- Child 1: cream-and-brown micro-pattern dress (like plaid/gingham) or neutral romper
- Child 2: denim shorts or overalls with a soft beige tee

Family of 6 - color palette: rust, sand, sage, charcoal, soft white

- Parent 1: sand-colored top, charcoal pants
- Parent 2: soft white dress or top with sage skirt/pants
- Child 1: rust shirt with neutral shorts
- Child 2: sage dress or jumpsuit
- Child 3: sand or oatmeal romper/top
- Child 4: charcoal shorts with soft white tee

I'm also a fan of everyone in white, can't go wrong.

