KEEP THESE DAYS · THE GUIDE

WHAT TO WEAR

(without losing your mind)

start here

Five rules that make every family photo easier

1 **DRESS MOM FIRST**

Pick your outfit before anyone else's. You're in these photos too, so wear something you love and feel good in. Build the rest of the family around you.

2 **COORDINATE, DON'T MATCH**

Choose two or three colors plus a neutral. Mix them across the family. Nobody needs the same shirt.

3 **ADD TEXTURE**

Knits, linen, lace, denim and corduroy look rich in photos, even in plain colors.

4 **LET THE KIDS MOVE**

We run, spin and play. Pick clothes they can be comfortable in. A twirly dress beats a stiff one every time.

5 **LAY IT ALL OUT**

Put every outfit on the bed, shoes included, and text me a photo. I'm happy to help.

pick a palette

Four easy color stories

SOFT BLUSH

MOSS + CREAM

GOLDEN FIELD

CHRISTMAS PLAID

One plaid piece is plenty. Let everyone else pull their colors from it.

the short list

Wear this, skip that

WEAR

- Flowy dresses and skirts
- Soft, muted colors
- Small, quiet patterns
- Layers you can take off
- Boots, sandals or bare feet
- Clothes that fit right now

SKIP

- Big logos and words
- Neon and very bright colors
- Busy, tiny stripes
- Everyone in head-to-toe white
- Brand-new shoes that pinch
- Anything you keep tugging at

pack the bag

Session-bag checklist

- [ ] Snacks for the car
  Something clear and not messy. Skip red juice and chocolate.
- [ ] Water
- [ ] Wipes
- [ ] Hair ties and a brush
- [ ] A lint roller
  Especially if the dog is coming.
- [ ] A favorite toy or lovey
- [ ] A backup outfit for the littlest one
- [ ] A jacket or sweater
  Minnesota evenings cool off fast.
- [ ] Bug spray in summer
- [ ] A little treat for the end

see you soon

Still stuck on outfits?

Text me a photo of what you're thinking.
I'll help you pull it together.

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