



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

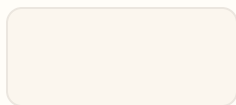
### **LAY IT ALL OUT**

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



IVORY



BLUSH

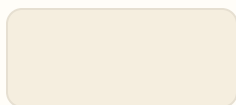


DUSTY ROSE



DENIM

### MOSS + CREAM



CREAM



OATMEAL

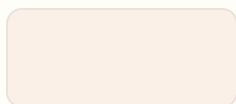


SAGE



MOSS

### GOLDEN FIELD



LINEN



WHEAT

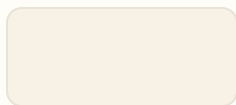


CAMEL



BROWN

### CHRISTMAS PLAID



CREAM



CRANBERRY



NAVY



PINE

*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.*

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- ☐ Water
- 

- ☐ Wipes
- 

- ☐ Hair ties and a brush
- 

- ☐ A lint roller

*Especially if the dog is coming.*

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- ☐ A favorite toy or lovey
- 

- ☐ A backup outfit for the littlest one
- 

- ☐ A jacket or sweater

*Minnesota evenings cool off fast.*

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- ☐ 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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