

We've put together a few simple tips to help you take better photos of the families in your care.

Setting up the camera

- Select AUTO mode, this often is a green symbol
- If the room is bright enough, turn OFF the flash. If possible, take photos next to a window during daytime
- Looking through the viewfinder, you'll see GREEN SQUARES which show where the camera's focus is set
- Most cameras have a compensation dial, shown as a +/- icon to adjust the brightness of the image in auto. This is good to get the brightness right
- Set camera to MACRO, usually shown as a flower icon, for closeups

Setting up the shoot

- Look for soft light in the room, next to a window is usually a good option
- Use plain blankets
- Neaten the scene, remove clutter and medical equipment from the background, straighten sheets
- Have parents change into plain fresh tops, brush their hair etc
- Ask the parents if they would like extended family and visitors in photos

When taking photos

Think about these four principles:

Interaction – cuddling, hand holding, foot holding, kissing, caressing with individual and both parents

Information – so the parents can remember everything about their baby - full body, face etc.

Details – close-ups of hands, fingers, toes, ears, gifts and mementos etc.

Sharing – images that are gentle and non-confronting so that the family will feel comfortable to share... stand back, focus on the whole family, not just bub etc

We also have an online tutorial at <https://heartfelt.org.au/videos>

Here are poses you can set up



The Cuddle

Have parents seated with the window to their side, their arms around each other, both parents hold the baby, minimise hospital equipment in the background, take a few steps back as far as you can and zoom in.



Surrounded by hands

Move the bed towards the window, place pillows on the floor to the parents to kneel on if possible, smooth out a hospital blanket on the bed, remove mum's ID tag from wrist, neatly wrap the baby, wrap the camera strap around your hand.



Hands and Feet

With baby still on the bed, shooting towards the window, set the camera to macro, take closeups of each parent holding hands and feet and use the compensation dial to adjust brightness.



The Kiss

Have the parents face the window, supporting the baby's head with one hand, take a few steps back as far as you can and zoom in, have the parents kiss their baby's forehead with closed eyes and use the compensation dial to adjust brightness.



Into the window

Have the parents stand in front of the window, step back and zoom in, use the compensation dial on the camera to adjust brightness.