

Quiet Graces Session Guide



PHOTO STYLE QUIZ
knowing your
style makes
picking a
photographer
easy

PRESERVING TIME
fine art
heirlooms

THE PORTRAIT PROCESS
from shoot
to print

ALSO INSIDE

- ENCOURAGEMENT FOR YOU
- LETTERS FROM YOU
- SESSION PRICING

CONGRATULATIONS ON YOUR NEW BABY

LETTERS FROM YOU



Melissa Aldrich, owner of Quiet Graces with her husband, Derek, and their babies: Aeralind, Bronwyn, & Sedryn.

Having a baby is overwhelming; there seems to be so many things we have to get 'just right.' Here's a little secret I've learned as a parent: there is no one 'just right' for everyone. Your family is a unique organism and the things that work for you may not work for your friends.

Theodore Roosevelt once said "Comparison is the thief of joy." Don't get caught up in the trap of comparing what you are doing as a family to what others are doing. Instead look at your child's needs, your needs, and your unique values to set goals as a framework for all of your parenting decisions. Let everything rest on that framework of intentional living and let go of the parenting comparison and guilt cycle before it starts.

Whew! I know I just went to an emotional deep level for a guide on choosing a photographer for your baby, but those are words that I needed to hear before my little ones came along. I really can't help encouraging new parents, but I also want this guide to help you choose a photographer based on your family's needs, values, goals, and wants. So let's get started with an introduction.

I picked up a camera at 9 years old and never put it down. As an introvert, the camera gave me a way to express my thoughts and feelings while simultaneously showing others the beauty I found in them.

I'm married to an amazing man named Derek and have three children: Aeralind, Bronwyn, and Sedryn. They were all born within 25 months (the girls are twins). My introduction to motherhood was wild and intense, but it's become one of the most lovely adventures that I wouldn't change for anyone. We are messes, but our mess is beautiful.

My goal today is the same as when I first picked up a camera: to show you and your family the beauty that is inherent inside you, your relationships, and your unique and glorious messes.

Melissa Aldrich

QUIET GRACES PHOTOGRAPHY



BRENDA IBARRA

We've had newborn portraits done and have been hooked ever since! Not only are the images stunning, but it's truly a gifted talent she has with the babies AND moms! Cannot even begin to stress the care, patience and most of all motherly touches she has when guiding a session!



BRITTANY PHILLIPS

Melissa was so patient and worked with our newborn to get the best shots! The environment in the studio is calm and relaxing for baby. The props that Melissa used were very complimentary to all the different poses she so expertly arranges for baby.



LAUREN LYNCH

We were drawn to Melissa's use of neutral backgrounds that highlight the subject, your baby! We truly couldn't be more thrilled with our choice. Years of experience, skill with newborns/baby whispering, and a whole lot of patience are just a few of her qualities that ensure she will get those incredible shots you will treasure forever.



RHODA NORTON

Melissa's a true professional whose impact is more than just taking beautiful pictures. She took gorgeous pictures of my whole family. I did not think it would be possible to get any good shots of my kids but she did, as well as great family portraits of us. She loved on my kids the entire time and, was an encouragement to my husband and I with our newborn.



MELISSA KENDALL

I was quite nervous about our newborn session and let me just say, it was so hard! Our little one refused to sleep, pee and POOPED everywhere! There were tears from her and myself...but somehow Melissa was about soothe her and capture all the right moments! Our photos turned out beautiful and you would never know how messy our session got!



CHELSEA PRICE

Melissa was very calm and patient. She made the experience fun for the big kids and worked quickly so that they wouldn't lose interest. She soothed the baby until he was fast asleep and happy to comply. I was very impressed with how comfortable and efficient she was getting him to sleep because I didn't feel like I even knew his tricks yet! The whole experience was a nice repose for me- peaceful and relaxing

WHAT'S YOUR STYLE?

choosing a photographer who meets your style & needs

Every family has their own needs and desires when hiring a photographer so it's best to find the one who fits your family's needs. But how do you begin? This style & needs quiz will help you narrow down what you're looking for and make the choice easy for you! I even recommend a few other photographers that I would trust with my little ones.



This image by The Journey by Ally

WHAT COLORS DO I PREFER?

A. Mostly neutral tones to match any decor with a few muted or pastel colors.

B. Lots of pastels or bright colors.

If you chose A, you're in the right place! I love keeping the focus on your little one and your relationships with neutral tones. If you chose B, may I recommend Dear Lissie Photography?



WHAT IS MY DESIRED EXPERIENCE?

A. Short Session with just a few great images.

B. Pre-session questionnaire and chat to get to know your wants and needs, ample time for nursing, a makeup artist to make you feel your best, and a non-judgemental ear for all the big new mom feelings.

I actually offer options for both!



WHICH STYLE OF PHOTOS APPEAL TO YOU?

A. Images of baby posed perfectly so I can remember every little detail.

B. Images in our home environment with nursery details included. This is called "Lifestyle."

If you chose A, you may be a good fit for Quiet Graces. If you chose B, may I recommend the lovely Allyson at The Journey by Ally Photography?



WHAT WOULD I WEAR TO A PHOTO SESSION?

A. Bright colors and fun patterns

B. Formal Button downs or blouses

C. Neutral tops with a few special details

D. Please tell me you have a client wardrobe to use?

I don't recommend A or B. A takes the focus from your relationship and B will have you drenched in sweat in a warm newborn studio. C is great, and, yes, I do have a client wardrobe for your whole family!



WHAT IS MY TOTAL BUDGET?

A. \$100-200

B. \$200-500

C. \$500-1200

We have single sessions ranging from \$299 to \$699 as well as multiple session packages ranging from \$999-1699..

WILL MY BABY BE SAFE?

I've had 7 years of experience in newborn posing. I know that any image that looks dangerous is a composite (two images put together to appear as one). I also have a strict sick policy to protect my tiniest clients.

WILL MAMA LOOK GOOD?

I photograph mama from flattering angles and typically crop out your postpartum tummy. I know early motherhood comes with extra body weight and I lightly use Photoshop to make you appear as you normally would. I also provide mamas with a wardrobe of flattering clothing and my Heirloom session clients also receive hair and make up.

DO I HAVE TO BRING EVERYTHING TO YOUR STUDIO?

We provide everything for baby and mama! From diapers to new mama bathroom supplies to clothing to props, we try to have it in the studio for you. All you need to bring is baby and baby's milk!

THE PORTRAIT PROCESS

FROM SHOOT  TO PRINT

Here at Quiet Graces Photography we want you to have a helpful timeline to help you to understand how we are working our hardest to create your treasured memories:

1-2 WEEKS

BEFORE YOUR SESSION:

We will chat about your needs and wishes to customize your session to you. For maternity and baby sessions, we'll also schedule your session. For newborns, you will call or email and set up your session once baby arrives. I typically aim for days 10-19 for all the curly poses.

1 DAYS

BEFORE YOUR SESSION:

We give you a quick check-in call to confirm all the details and answer any questions about your session.

THE DAY OF

YOUR SESSION:

When you arrive at the scheduled time, I will get to know you and your family. I'll undress baby for his portraits and hear your birth story. I love encouraging new mamas during this special time.

1 DAY

AFTER YOUR SESSION:

We post the a few of the best images for a sneak peek on our website blog as well as on Facebook or Instagram. This is a great way for you to share your new love with family and friends!



1-2 WEEKS

AFTER YOUR SESSION:

We post a soft proof gallery where you are able to choose the images to included in your final gallery.

2-3 WEEKS

AFTER YOUR SESSION:

Your digital files are ready for download. You may order additional products and share with family and friends. We'll also proof your album or printed products at this time.

5-12 WEEKS

AFTER YOUR SESSION:

Your USB and artwork or albums are ready for pickup! At this time we also provide a client care packet which will ensure a long life from your precious heirlooms.

THIS PAGE

A studio maternity session to celebrate Chelsea's last pregnancy.

OUR STUDIO WARDROBE FOR MOTHERS

When Chelsea booked her maternity session for her last baby she whispered to me, "I don't photograph well. And acquaintances have already told me I'm huge since this is baby number five. I have nothing to wear. But I want to remember this time and how my body nourished my babies."

Throughout my 6 years with Quiet Graces, I have looked for ways to soothe these common fears in the mothers I serve. The images we take will be treasures for your little one. They will get to see how loved they were and how remember how beautiful their mother was.

I have created a client wardrobe of items that fit well both during pregnancy and post-partum. These stunning pieces in creams, peaches, and pinks fit a wide range of sizes from 0-18 through careful pinning to flatter your body type.

I also recommend that new mothers pamper themselves with a hair and make up appointment prior to maternity or newborn sessions. Cotton Rouge is really close to the studio and they do amazing work!



HOW FAMILY PORTRAITS BOOST YOUR CHILD'S SELF-ESTEEM

A revealing study was conducted in 1975 with a group of fourth graders at a Tennessee school by Tulane University. During a five week period, the children took Polaroid instant photos of themselves with provided cameras in a variety of assigned poses, compositions and expressing various emotions. The children worked with the printed images of themselves and created scrapbooks once a week over those five weeks. Testing of the students and teachers at the conclusion of study revealed a significant increase of 37 percent in the students' average self-esteem behaviors. This Murfreesboro Study shows some evidence personal photography of children seen and enjoyed in a specific way can help boost a child's self-esteem.

But how can family photography, specifically family portraits, help boost a child's self-esteem?

"It lets children learn who they are and where they fit," says Judy Weiser, a psychologist, art therapist and author based in Vancouver. "They learn their genealogy and the uniqueness of their own family and its story. When a child sees a family portrait with them included in the photograph they say to themselves: 'These people have me as part of what they are, that's why I belong here. This is where I come from.'"

When It Comes To Having The Greatest Positive Impact For Your Child, Which is Better, Digital Images or Paper Prints?

"Displaying photos prominently in the home sends the message that our family and those in it are important to one another, and we honor the memories we have experienced," says Cathy Lander-Goldberg, a licensed clinical social worker.

Article Excerpt by Chris Cummins.
Read the Full Article Here:
<http://bit.ly/1GWUaba>

Your Love On Display

Is yours a sleek, modern home? A rustic, country abode? No matter your decorating style, we assist clients every day with everything from portrait selection suited to your decor, to room planning, to displaying your wood print collection, to creating the an exquisite heirloom album.

Our years of experience in design coupled with a streamlined products line that works with any décor make us the perfect choice for your photography and home decorating needs.

Whether yours is a mighty mansion or a cozy cottage, we'll work together to ensure your portraits are as much at home as you are.



OUR MOST POPULAR PRODUCTS

1) If your style is more traditional, we recommend a Fine Art album. Linen, canvas, and silk covers with a cameo and layflat pages make this album an heirloom for ages.

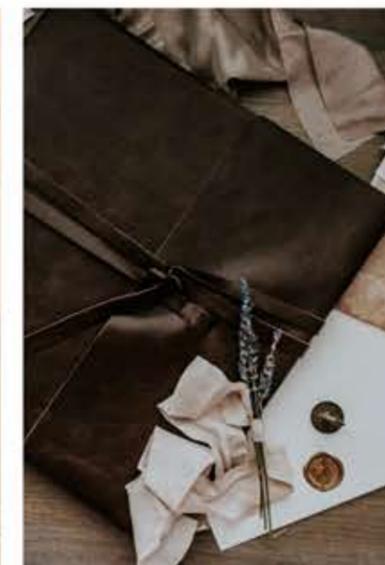
2) If your style is rustic or shabby chic, you'll love our Journal albums. Our leather journal style albums with fine art lay flat pages is a showstopper.

3) If you change out your art frequently, we recommend our luxurious wood prints. Wood Print have the visual weight of canvas but without the drawbacks: no details lost in the border wrap, and no heavy texture distorting your images. Your archival grade print is affixed to a hand cut acid free block of wood and hand finished.

1 Fine Art Albums



2 Journal Albums



3 Wood Print Wall Galleries



"It was such a pleasure working with Melissa at Quiet Graces. She creates a calm environment yet is amazing at adapting to the little one on the other side of the lens. We received BEAUTIFUL photos after our session and couldn't wait to share with our family and friends!"

-Alicia Harmon



QUIET GRACES PHOTOGRAPHY

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is on us!

Make sure your friend tells us you referred them!

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