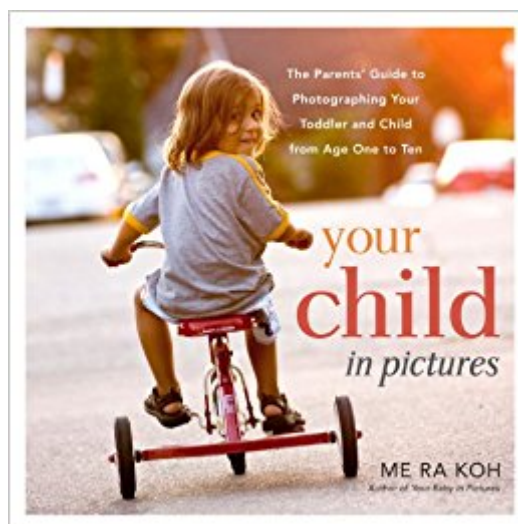




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# Your Child In Pictures: The Parents' Guide To Photographing Your Toddler And Child From Age One To Ten



## Synopsis

Photography tips for moms and dads on how to take everyday portraits of children. Celebrated photographer and best-selling author Me Ra Koh provides step-by-step instruction on photographing your family and taking pictures of your child. As a companion book to *Your Baby in Pictures*, *Your Child in Pictures* helps you learn to capture your child's special moments with 40 beautiful "photo recipes" that anyone can do, with any camera. From first haircuts to first days of school, from snuggly teddy bears to favorite dress-up clothes, the toddler and childhood years are full of precious days that disappear all too soon. What parent doesn't yearn to freeze the memory of their 2-year-old's chubby cheeks, or their 6-year-old's toothless grin?

## Book Information

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> Equipment, Techniques & Reference > Reference

## Customer Reviews

Recipes from *Your Child in Pictures* [Click here for a larger image](#) **BEST FRIENDS**

There's nothing like the love between a child and a pet—whether it's a dog, cat, rabbit, or even a tiny hamster. How many times have you caught your child playfully rolling around on the floor with your puppy, intently serving tea to your disinterested cat, or nuzzling your family pet? When your pet responds, validating their special bond, magic fills the air. Why not capture these moments of pure affection? Here, Allison Gallagher, a former attendee and now a certified CONFIDENCE Workshop teacher in Virginia, captures Atticus midhowl, while Sammi squeals with laughter at his side. When: Anytime your child shows prolonged interest in your pet

and is calm enough to sit and focus on some puppy or kitty love. Prep: Simplify your setting as much as possible. An indoor room flooded with window light or a covered outside porch is ideal. If your pet is high energy, take him to the park for a quick run so that he will be mellowed out for the photos. Have treats on hand for your pet (and child—better not leave him out!) as a reward for a job well done. For P&S Users: Turn off your flash. Set your camera to Portrait mode to get that blurry background. If your child and pet are content to sit still, you probably won't need Continuous Shooting mode, but it's a good option to consider if there's a chance one or the other might go mobile. For DSLR Users: Turn the flash off. Select Aperture Priority mode, and dial down the f-stop to f/2.0 for a blurred background that doesn't distract the viewer from the focal point of the image—your child and pet. Try to get an exposure with a fairly fast shutter speed, so you won't get any blur on your subjects if they move. If the shutter speed is too low, try increasing the ISO until it speeds up, at least 1/125 sec. (125) or faster.

Compose: A horizontal format will best accommodate your child and pet if they're side by side, but experiment with a vertical format if your child wants to hold your pet. If you're shooting on a porch, use the floorboards as leading lines to draw the eye in toward the center of the frame. Squat down to shoot at your child's eye level, and get in close, so your focus is on the expressions. Capture: Focus on your child's face. If it's not in the center of the frame, re-frame the composition to center the face, and lock in your focus; then re-frame to your liking and snap the shot.

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### BIRTHDAY CANDLES

Every year your child makes a wish and blows out the candles. And every year do you scramble around trying to capture that magical moment? As your child gets older, you can slow things down a little. The mad rush to blow out the candles and dive straight into the cake isn't as intense, so take the time to capture the quiet anticipation—that precious pause full of promise and hope. It's a fleeting breath that's gone all too quickly.

Monika McSweeney, a blog follower in California, decided to work with the dark background and convert the image to black and white, heightening the sentiment in this quiet window of childhood.

When: During a birthday celebration, just before your child makes a wish and blows out the candles. Prep: Have someone else bring out the birthday cake so that you can be in position for the photo. Get in close with your camera, ready to fire. This is a very quick shot. But if you miss it, no one says you can't relight the candles and have your child blow them out again!

For P&S Users: Turn off the flash. Set your camera to Portrait Mode for the lowest aperture to let in the most light. Turn on Continuous Shooting mode so that you can rapid-fire as your child blows out the candles. Experiment with Night mode for capturing moments in dark settings (but make sure the flash isn't on). You can

also try setting your camera to black-and-white mode for a more timeless look. For DSLR Users: Turn the flash off. Set the camera to Aperture Priority mode, and dial down the f-stop to the lowest setting to allow in as much light as possible. Crank up the ISO to 3200 or even higher to get a faster shutter speed. The fast shutter speed is what freezes the flicker of the candle flames. Turn on Continuous Shooting mode so that you don't miss a shot. Consider converting the image to black and white if the high ISO results in visible noise grain or distorted colors. Compose: A vertical format will fill the frame with your child's face, candles, and cake. Get in close, and have her face slightly off-center from the cake and in the frame. Capture: If your child is game for relighting the candles a couple of times, experiment with different focus points—like the candles, her mouth blowing, or her eyes. Pick your focus, and if it is not at the center of the frame, adjust your framing to center it and lock in your focus; then reframe the original composition and shoot.

Praise for Your Baby in Pictures  
“Babies don't take direction very well (if they did we should start by getting them to shush on airplanes), but Me Ra Koh has made a specialty of coaxing warm, memorable photos from infants, newborns and children.”  
• The New York Times  
“Tell your baby's story in photos—wonderful, beautifully-shot photos. Professional photographer and mom, Me Ra Koh, shows you how to photograph your baby like a pro.”  
• Disney Baby  
“Aside from the gorgeous photos, you'll appreciate Me Ra Koh's simple, smart advice that gives you everything from how to pose your wee ones to the best time of day and light for both a SLR camera as well as a point and shoot, all based on the age of your kids. . . . I really can't think of a more helpful shower gift for new parents, whether it's their first or fourth baby.”  
• Coolmompicks.com  
“Provides great step-by-step photo ideas and suggestions to help you document all the developmental milestones of your baby's first year.”  
• Mom365.com  
“This book is perfect for novice and intermediate photographers looking for expert advice and inspiration. . . . Beautiful photography, easy-to-follow language and no-fail photo how-tos make Your Baby in Pictures a must for new parents, grandparents and others looking to capture that precious first year of life like a pro.”  
• Inside Edge magazine

It's no surprise to me how much I already love this book. I purchased her first book, Your Baby In Pictures, when it came out and was not disappointed! Me Ra carries on the same concept of photo

'recipes' that are easy to follow along as well as to adjust to your own situation and setting. It's a great guide for beginners but is also great inspiration for those who are quite familiar with their camera. It's not just about how to take a picture. It's about how to capture the story of your child. What a wonderful gift to be able to give to your child down the road...the ability to visually see what they were like at a young age. I can only imagine the photos I would have from my mom if she had had a book like this when I was a kid! I don't go around recommending books very often, unless it is one that I am quite passionate about. Trust me when I say Your Child In Pictures is well worth the investment!!

The kindle editing seems off to me and it messes with the keywords required to login to the extras that the author has graciously added to her website. That aside, if you do buy this, do not skip her introduction. It is soo wonderfully heartwarming and it really captures the essence of why us moms want to figure out photography.

The second book in MeRa Koh's series, Your Child in Pictures, is full of useful information for photographing children (camera gear, tips and tricks, a section on photographing children with special needs, etc.). There are 40 "photo recipes" (step-by-step instructions) for creating the photos of your dreams. Childhood is a magical time in the life of a family. Make sure you take the time to slow down and capture those precious moments in photos. This book would make a perfect gift for anyone interested in photographing children, especially parents and grandparents. Thank you, MeRa Koh!

Pre-ordered this beautiful book & couldn't wait to receive it . . . when it arrived I sat down and read it "cover to cover"! Couldn't put it down as each story & photo recipe enticed me to see what was next. Of course I started with the back cover and was so touched by the last chapter, how MeRa captured the innocence and the beautiful spirit of each special child. Even now my eyes are misty, done with great sensitivity & joy! Even if you're not a photographer you will be inspired with ideas on how to 'capture & remember what defines your child' from toddler to teen at your next photo session. My new favorite gift for parents & grandparents! BRAVO MeRa you've done it once again!!!

Great product! Prompt delivery! Thanks!

I pre-ordered this book and anxiously awaited its arrival. It did not disappoint! Just like Your Baby in

Pictures, Me Ra does an amazing job of breaking it down so that a parent can successfully capture that perfect moment! Especially meaningful to me is the section on photographing children with special needs. As a parent of a child with Down syndrome, I tremendously appreciate that Me Ra touches on a subject that so few books cover.

I have been anxiously awaiting this book and pre-ordered it months ago! It is a beautiful book full of inspiration and instructions of how to capture meaningful photos of your child. I loved Me Ra's book, *Your Baby in Pictures*, and was excited for this one because my kids are past the baby stage now. I love Me Ra's beautiful photos and her engaging writing style. This will become my new "go-to" gift for my friends with kids!

Dreamy light, charming captures, and catching kids being themselves - Me Ra Koh has changed the way I take photos. In this book, and her other book, she breaks down what makes a great photo. I love the way she throws out all the complexities and focuses on the heart and soul of a good capture. I haven't used my flash since I read her first book and my photos get better all the time. I couldn't be more grateful for her books, advice, workshops. I have some amazing captures of the kids in my life that I treasure. Thanks Me Ra Koh!

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Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.)  
Your Baby in Pictures: The New Parents' Guide to Photographing Your Baby's First Year  
Your Family in Pictures: The Parents' Guide to Photographing Holidays, Family Portraits, and Everyday Life  
Toddler Discipline: Effective Guide to Overcoming Toddler Tantrums. Build Positive Parent-child Relations and Reinforce Good Behavior.  
Busy Toddler, Happy Mom: Over 280 Activities to Engage your Toddler in Small Motor and Gross Motor Activities, Crafts, Language Development and Sensory Play  
Terrific Twos! Peaceful Parenting view on toddler's discipline. Effective tips and working strategies for Terrible Twos: An Essential Parent Guide Of ... Child (No Cry Solutions for Parents)  
Jo Frost's Confident Toddler Care: The Ultimate Guide to the Toddler Years  
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