

School Photo Day Checklist & Prompts

■ Outfit Planning

- Lay out outfit the night before (avoid last-minute stress).
- Choose comfortable clothes your child feels good in.
- Check for stains or loose buttons.
- Keep accessories simple and age-appropriate.
- Pack a backup hairbrush/clip if needed.

■ Practice Smiles & Poses

- Practice natural smiles in the mirror ('happy smile', 'superhero face', 'giggle grin').
- Encourage relaxed shoulders and hands.
- Remind kids: it's about capturing who they are, not looking 'perfect'.
- Play a silly face game to reduce nerves.

■■ Morning Routine

- Have a special 'photo day breakfast' (pancakes, toast soldiers, or fruit).
- Do hair in a simple, fuss-free style.
- Leave extra 5–10 minutes to avoid rushing.
- Give your child a confidence boost: remind them they look wonderful.

■ Family Traditions & Prompts

- Take a 'pre-photo' snapshot at home in their outfit each year.
- Start a wall or album with one photo per school year.
- Pair each photo with a note: 'This year, I love...' or 'Best memory so far...'.- When photos arrive, share your own childhood school photo story.

■ *Use this checklist to keep photo day lighthearted, fun, and memorable!* ■