



## snapshots of babies and children

*The arrival of a baby is about the most exciting event that can happen in any family. It's hard to visualize that such a tiny bundle of humanity will ever be bigger than he is when you take him home from the hospital. But, babies grow faster than anything imaginable—and before you know it, it's hard to remember that he was ever so very, very tiny. It's hard to recall those hectic, but wonderful, experiences of the baby's first few weeks and months of life—unless you've captured those memories in pictures.*

Pictures of babies are easy to take because babies are so expressive—and they ignore cameras. A noisy toy can evoke enough cute expressions to fill a baby book or Grandma's album with pictures. Even the baby's daily attempts at learning to get along in the world provide an endless variety of picture opportunities. Keep a loaded camera in a convenient place around your home so you'll be ready to catch impromptu activities. If you wait to take these pictures, chances are that the chore will have been mastered and you'll have missed photographing important stages in your baby's development. You can't "go back" and get these pictures later. You have to take them as things happen—and many things happen only once.

For the first few months, while babies grow very rapidly, take pictures at least once a week. Plan to take pictures every second or third week from six months till the first birthday. This may sound like a lot of picture-taking, and it is, but babies change so much in their first year that it's worth planning a picture-taking schedule to make *sure* you'll get all the pictures you want.

### **MAKE A PICTURE STORY OF THE BABY'S ADVENTURES**

You can start making pictures of your latest arrival right in the hospital. There's a miraculous newness to every baby, and your hospital pictures will provide a good comparison with later ones.

Some hospital nurseries are lighted brightly enough to permit picture-taking without flash if you have an automatic or adjustable camera with an  $f/1.9$  or  $f/2.8$  lens. Use **KODAK High Speed EKTACHROME Film** for color slides or **KODAK TRI-X Pan Film** for black-and-white prints. Be careful not to include any bright outside windows in your picture. The light from the window will "fool" the meter of an automatic camera and cause anything in front of the window to appear as a silhouette.

You can avoid disturbing flash reflections from the nursery's window by shooting at an oblique angle to the glass, rather than head on into it.





**Your Baby Book Could Tell  
a Story Like This:**



The nurse will usually either hold a newborn up so that you can take pictures or move its bassinet to some convenient location. Shoot from as close as you can.



Leave the camera at the hospital so that Mom can take pictures.



## *Feeding Time at the Hospital...*

### *The Big Day Finally Arrives... Time to Go Home...*

Mom might want to ask a hospital aide or a roommate to take her picture while she's feeding the baby.



Mom's first chance to dress the baby.



Here they are, all ready to go home.



If you have a friend along, ask him to take a picture for you so that the whole family will be in the scene.

If all this picture-taking during such a busy time sounds like it takes some effort—you're right. It does! But you have to take pictures *during* these activities. You can't decide to do it later—and the pictures are worth the effort.



## THE FIRST FEW WEEKS

The first few weeks will be filled with lots of "firsts" for the new mom and pop as well as for the baby. No photographic chronicle of babyhood should ignore these activities, so photograph these "firsts": Mom or Dad fixing formula; Grandpa and Grandma holding baby; and the struggle with the soap, water, and slippery infant—commonly called the first bath. Since the first bath is quite an experience for everyone involved, you'll probably want to snap several pictures to tell the story. You can start with a shot of Mom washing Baby, and then shoot Baby wrapped in a towel. After a shot of the powdering procedure, finish up with a shot when Baby is dressed.



## *The best level for baby pictures is the baby's level*

### **From Three to Six Months**

These are the months in which babies become capable of really doing things. Although perhaps not ready to solo in a high chair or baby seat, they manage admirably when propped up by a couple of pillows.

Give a baby a small stuffed toy, a rattle, or a soft blanket, and he will supply all the snapshot material your camera can handle. Whenever you have control over the location of the picture subject, as you do here, choose someplace that provides a plain, uncluttered background. "Busy" backgrounds, with lots of distracting detail, make your picture look disorganized and draw attention away from the subject.



If the baby loses interest in the toy before you've finished taking pictures, have someone provide some entertainment by making noise with a toy, with a coin in a tin can, or with their own vocal chords.

### **From Six Months Onward—The Age of Discovery**

When a baby comes face to face with a dog for the first time, or lays hands on his first lollipop, a single picture of the occasion would be as inadequate as a parasol in a hurricane. Any event that's likely to generate a story demands more than one picture. With a series of pictures you'll capture the whole story, and a series improves the possibility that one of your pictures will turn out to be something extra special. Even professional photographers shoot several pictures to make sure one is excellent.





A baby's first attempts at feeding himself can be funnier than any situation comedy that television has to offer . . . But, before you know it, the baby will be feeding himself as though he'd been doing it all his little life. For those funny, heartwarming pictures of the baby putting the food everywhere but in his mouth, shoot pictures during the first few weeks that the baby tries to "do it himself." Try to arrange the high chair where the background won't be distracting, and take pictures during the whole meal. If you're shooting in color, plan to have the baby dressed in colorful clothing. Maybe you can even arrange for colorful food—such as pink pudding.





When a baby learns to crawl, he gets really adventuresome and begins to discover all kinds of wonderful things in his ever-expanding world. Sometimes his discoveries can be troublesome, but they're almost always picture material.



One day, Baby will find the cupboard doors in the kitchen open, and inside there will be all kinds of new toys called pans. You can take pictures while the baby is interested in inspecting each pan. Chances are, he'll be so busy he won't even notice you're there.



Give a baby a cardboard box or a clothes basket. He will have fun playing with this unusual "toy" that he can climb into and hide under, and you'll be able to snap some unusual pictures.



If you find your "little joy" all tangled up in the toilet tissue or pulling his clothes out of a bottom drawer, take a picture before you interrupt his fun. These everyday events will evoke a chuckle and happy memories when Baby is long past the snooping stage.

With modern, easy-to-use cameras, Mother can be the family historian. Most children's activities take place during the day, while Dad's at work. When Mom keeps the camera handy, she can share all these happenings with Dad when she shows him the pictures.

Any time a baby finds a new friend, whether it's another baby or a small animal, you'll be able to snap good pictures. Keep the camera at a low angle and watch the background.

If you want to create some interesting situations for picture-taking, show Baby a mirror. Snap pictures of him discovering himself. Make sure you can't see your own image in the mirror—this is especially important when shooting with flash.





When your baby discovers the great outdoors, be sure you're ready to record each discovery for your album. Take snapshots of Baby "going for a walk" in his buggy or stroller. If the buggy or stroller causes the baby to be shaded, use flash to lighten up the shadows.



Any time Baby is playing in the yard there will be ample opportunity to snap good pictures. Use the grass or sky for a pleasing background. Catch a baby's expressions as he inspects the flowers, dandelions, and other interesting things in the yard.



*Move in as close as you can with your camera.*

One of the biggest events of a boy's first year is that first trip to the barber. This is another time when it really takes several pictures to tell the story. Try to go during the day; there may be enough daylight coming through the window to shoot without flash if you use **KODAK High Speed EKTACHROME Film** and an automatic or adjustable camera. If you do use flash, avoid reflections by shooting at an angle to mirrors and by making sure that your image doesn't show in the mirror.



Shoot baby's reactions to this new experience.



Take a close-up as the haircut progresses.



Shoot from several viewpoints.



Then finish your picture story with a shot of the finished haircut and the barber rewarding Baby's good behavior with some candy.





When you get out the wading pool so the baby can cool off in the summer, get out your camera, too. Put the baby and some toys into the pool, and the fun will begin.



A birthday party provides a natural picture story. Shoot lots of close-ups. This party includes a birthday cake and a baby who's learning to feed herself—oops! Baby's got her fingers in the cake and enjoying every messy bite. You'll enjoy this first party for years to come if you take lots of snapshots. Aim your camera at the pretty presents before, during, and after Baby discovers them.

The big event that ends a baby's first year is his first birthday. While Baby's all dressed up for this special occasion, snap at least one picture as a record of his growth. For a fascinating series, stand the baby near something big, such as a door frame, a fireplace, or a stairway, and snap his picture. Then every 12 year on the child's birthday, take a picture in the same location.

### SHARE YOUR BABY PICTURES

Your family and friends are all interested in seeing pictures of your baby, so share your best snapshots with them. Have enlargements made for framing. You can order extra prints from the negatives for grandparents and friends. You can even have color slides made from color negatives, or color prints made from slides. Your photo dealer will take care of everything.





Since children are moving almost all the time, don't ask them to act like statues. Throw any ideas about statues, watching birdies, and saying "cheese" out the window and start anew —take pictures of children doing things!



### **THREE TO TEN**

At the quiet time that inevitably comes to even the most frenzied day—the children finally off to bed and the arena of their activities still in disorder—it may be difficult for any pair of exhausted parents to conceive of the growing-up process as anything but an unmixed blessing.

Somehow, though, this all changes as the stages of growing-up pass by and leave behind them nothing more of the toddler, the kindergarten scholar, the Space Cadet, the Red Cross nurse, the summer camper, and the intense teen-ager than a scant few souvenirs, a tangle of memory, and some pictures.

But these pictures can be your strongest foothold on yesterday. The kids in photographs never grow up.

Making memorable pictures of growing children is as easy as making pictures of babies. The biggest difference is that the older children move around faster.

In the long run, the photos of your children you'll treasure most are those in which they are engaged in the business of being themselves.

### **KEEP THEM BUSY**

The biggest "secret" of natural-looking pictures of children is to keep them doing something or to catch them doing something. When a child is engaged in an interesting activity, he forgets about the camera and you can capture a natural expression.

### **HAVE YOUR CAMERA HANDY**

The best way to "catch" a child doing something interesting is to keep your camera handy. You may miss a good picture if





your camera isn't loaded and ready to shoot. Children will get used to seeing the camera around, and they won't "freeze" when you start taking pictures. You might hang your camera in a closet or store it behind the breadbox so that it will be handy when you need it.

### TAKE PICTURES OF CHILDREN AROUND THE HOUSE

The "everyday" things—children taking a bath, playing in the snow, building castles in the sandbox, or taking a dip in the wading pool—are the things many people may not shoot because they're not "special." But they're the pictures that show the children as they really are. Be the "family historian" for your family and snap pictures of everyday events. The pictures of events that may not seem special at the time will be very special in a few years.

### OUTDOORS

On a sunny day at home, a young lady puts on her bathing suit and goes out to play in the pool. A young man gets out the hose and gives the car a "bath." Notice how the backlighting outlines the subjects and adds sparkle to the water. Flash was used to lighten the shadow areas.

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Here are the men in the family bringing home the picnic supplies.

Some of the most fun things may happen right in your own backyard, things like a family cookout. You might want to make a picture story of your cookout. Shooting several pictures that tell a story of the event help you to relive that happy time again and again—in fact each time you look at your slides or family album.

A typical picture story of a cookout might look like this:

Dad takes over as chef.



A close-up shows the steak sizzling over the charcoal.



"Come and get it." The expressions look so natural when the picture subjects continue their activities and ignore the camera.





## INDOORS

Most indoor pictures are made with flash. Many cameras, such as **KODAK INSTAMATIC** Cameras, are so easy to use that you just aim and shoot—even with flash. Keep your camera handy; a good situation may last for only a few seconds.

During the day there may be enough light indoors to shoot without flash. If you have an automatic or adjustable camera, you can use **KODAK High Speed EKTACHROME** Film, Daylight Type, or **KODAK TRI-X** Pan Film.

Existing light (the available light indoors) looks natural and pleasing. Focus carefully; there isn't much room for focusing error in low-light situations.



Avoid shooting directly at a bright window. If the light from the window shines directly into the meter of an automatic camera, your subject will be underexposed. Shoot from the side of the window.



*Indoors as well as outdoors, ordinary, everyday activities of children make some of the best pictures. Don't wait for holidays, parties, or special occasions.*





Give a girl a few props and a mirror, and she'll produce all kinds of "snappable" expressions. Always shoot mirror pictures at an angle to the glass to avoid photographing reflections of yourself or the flash. If you can't see yourself or the flash in the mirror, you should have no problems.

More often than not, children in the house are playing on the floor. Move in close and get down to their level. Ask them to go right on with their activities while you shoot.





## PARTY PICTURES

Parties are always special occasions and deserve good picture coverage. It's often fun to make a complete picture story of the party. You can start by taking pictures when the first guest arrives at the door, and keep on shooting until the last guest has departed.

The guest of honor is the center of attention, so move in and shoot some close-ups of him (or her). You'll really treasure the expression and detail of these close-up shots.

Some walls, even though they don't look shiny, can reflect a lot of glare when you take flash pictures. It's easy to avoid getting the glare in the picture by shooting at about a 45-degree angle to shiny surfaces.



## TAKE YOUR CAMERA WITH YOU

**To the Beach . . .** The sand and surf provide plenty of entertainment to keep children busy while you snap pictures. Keep your camera in its case to keep sand out of the camera.

When you take pictures of children playing in the sand, get down to their level and move in close. A blue sky makes an uncluttered background and adds color to your pictures.

**To the Playground . . .** Children love playgrounds where they can climb, swing, and hang from bars so high that Mom almost can't bear to watch. Playgrounds provide the opportunity for you to snap pictures of children being themselves. You can shoot through the bars of a jungle gym and use them to "frame" your picture. Try a low angle to emphasize how high the bars and children go.

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With automatic or adjustable cameras you can get great shots even on overcast days. Take pictures of children climbing over, under, and through the many unusual “toys” that modern playgrounds feature.

The shutter time on some simple cameras is about  $1/40$  second. This is a very brief time, but not brief enough to stop action unless you snap the shutter at just the right instant. Catch the action of subjects, such as a child on a fast-moving swing, by snapping the shutter when the action reaches its peak. With simple cameras, shoot the action head on. Any movement at right angles to the camera is hard to “stop” when you can’t adjust your shutter speed. If you have an adjustable camera, use a shutter speed of  $1/200$  or  $1/250$  second or higher to stop action. Actually, some blurring of the hands or feet shows that the subject was moving rapidly, and may not be objectionable.



Pictures like this one suggest action even though nothing’s moving (except the quarterback’s mouth).



## INFORMAL PORTRAITS

You can make memorable informal portraits by using the following two methods to get your young subjects to hold still: props and an assistant.

Props can be very helpful in getting a natural expression. A prop may divert the child's attention from the camera, or it may just give the child something natural to do with his hands. This little girl looks much more relaxed and natural holding the flowers than she would standing like a statue, with her hands at her sides.

Any object that captivates or absorbs a child's interest will help you make pictures showing that special delight or absorption. A few of the most common and successful props for little children are toys, musical instruments, small animals, articles of clothing, books, food, and all kinds of ticking, moving, or flexible gadgets. Sometimes a piece of sticky tape on a young child's finger will keep him amused for a few minutes.

Try to keep your prop out of sight until you're all set up and ready to snap. Then ask someone to hand it to the child. The initial expression often becomes the best picture.



Be ready to make suggestions, such as "Listen to the clock tick," or "Hug your dolly," or "How does it work?"



An assistant can be a great help in posing a child for an informal portrait. An assistant can get the child into position and arrange his clothing while you're composing the picture in the viewfinder. When you're ready to shoot, the assistant can talk with the child or hold up a prop to help get a natural expression.

Older children, while easier to direct, are a great deal less easy to divert. Approach them with a camera and there's no disguising what you have in mind. Props, though, are still beneficial—not so much to draw the subject's attention from the camera as to give the subject something to pose with.





Placing an animal in the hands of an older girl may evoke an entirely different reaction than if you place the same animal in the hands of a three-year-old, but it *will* evoke a response. Chances are, that response will be the best ingredient of your picture.

*Consumer Markets Division*

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