



HOLIDAY PHOTOS!

Tips for Photographing Individuals with Special Needs

- Prepare the individual for what will happen during the photo shoot
- Create a cosy sensory experience – interesting textures, not-too-bright lights and soft and calming music.
- Allow the individual to wear comfortable clothing
- Minimize distractions
- Adjust the settings on your camera- consider turning off the flash, using indoor mode or raising your ISO settings
- Engage the individual in a topic or activity that they love.
- Consider bringing a favorite toy or object
- Only take 1-2 photos at a time to accommodate for limited attention spans
- Plan for breaks
- Enjoy the photo experience and make your own perfect photographic memories!



References

Brain Balance Achievement Centers. (2020). Tips to take perfect holiday photos with sensory sensitive kids. Retrieved from <https://blog.brainbalancecenters.com/2015/12/tips-to-take-the-perfect-holiday-photo-with-sensory-sensitive-kids>

Lalor, N. (2019). Tips for taking photos of children with special needs. Retrieved from <https://www.nlalorphotography.com/blog/tips-for-taking-photos-of-children-with-special-needs>

Special Learning House. (2018). 6 tips for photographing children with special needs. Retrieved from <https://www.speciallearninghouse.com/6-tips-for-photographing-children-with-special-needs/>

Produced by Variety Club in collaboration with Gwynedd Mercy University Occupational Therapy students and Occupational Therapy fieldwork supervisor

