

October 2018



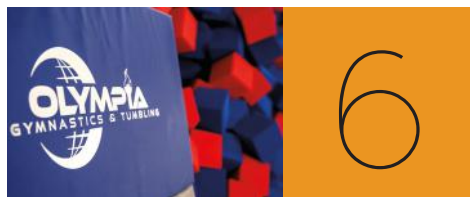
# SIENNALIST

Community from Your Fingertips



**Olympia**  
OPENS 30,000 SQ FT  
**OF FUN!!**

*in*thisissue



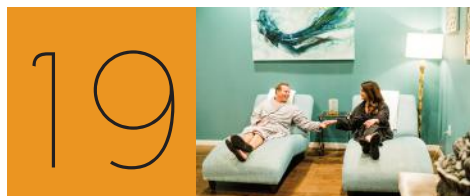
Community Spotlight  
Olympia Gymnastics & Tumbling



The List  
Top 10 Things to Do in October



Around the Table  
Start to plan your Holiday gatherings, today



Alley on the Town  
Schedule some time for you, or for two, at Sanctuary Spa

Sienna List | info@siennialist.com | www.thelist.city | 281-201-5998

# Events in our Community

October 20<sup>th</sup> - 7:00pm - Camp Sienna

**Family Halloween Camp Out - 7725 Camp Sienna Trail, 77459**

Enjoy tent trick or treating, tent decorating, box dinner, a family movie and s'mores at Sienna's most popular overnight event!

October 27<sup>th</sup> - 4:00 until 6:00pm - Buffalo Run Park

**Trick & Treats in the Park 2018 - 1122 Buffalo Run Blvd, 77459**

Young ones are invited to come dressed in Halloween costumes and participate in games, a pumpkin patch photo station, a petting zoo and more!

November 4<sup>th</sup> - 8:00am until 1:00pm - Brazos River Park

**Harry Potter 5k Fun Run - 18427 Southwest Fwy, 77479**

Sugar Land welcomes all Muggles and Wizards as they host the 1<sup>st</sup> Harry Potter Fun Run. Come dressed as your favorite Harry Potter character for a chance to win prizes!

November 13<sup>th</sup> - 9:00 until 11:00am - Rec & Tennis Center

**Acrylic Painting Class - 2701 Cypress Point, 77459**

Class is now in session! Professional painter, Heather Roy, will be teaching students of all skill levels how to decorate festive candles for the holiday season.

Sienna List was developed with the residents of Missouri City in mind. We offer free services for our members; a platform where members can find jobs, business recommendations, events, and more with the click of a button.

It's easy to become a member of Sienna List:

- 1 - Visit [www.thelist.city](http://www.thelist.city)
- 2 - Create a user name and password for your login.
- 3 - Click the Submit button.



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# THE POWER OF Positive Thinking

When a thought crosses our mind, we tend to accept it unconditionally. We don't take the time to analyze it and decide if it's worth accepting. Unfortunately, our thoughts are directly linked to our emotions and behaviors. For instance, scary thoughts lead to anxious feelings and clingy behaviors.

take the lead by asking questions, having discussions, modeling a positive mindset, and pointing out other perspectives. Here are a few questions to start the discussion:

open their mind is to change perspectives and look at the situation in a different way. Sure, the boy who bumped into your child in the hall may have done it on purpose. But what if he was in a hurry to get to class and not paying attention? There are always other possibilities they may not have considered.

## IS THAT A HELPFUL OR UNHELPFUL THOUGHT?

Some thoughts might be accurate, but they just make us feel worse! It might be true that math is not your best subject, but repeating the mantra "I'm terrible at math!" is not going to help the situation. Talk to your child about whether their way of thinking is helping or hurting them. Make a list of examples of helpful and unhelpful thoughts to demonstrate your point.

## IS THERE ANOTHER WAY TO LOOK AT IT?

Thoughts are not facts. They are subjective and often far off from reality. One way to help children



The good news is: If we change our thoughts, the rest will follow! Children can learn at an early age to examine their unhelpful thoughts and replace them with more helpful ones. Parents can



(continued from page 3)

## CAN YOU CHECK WITH OTHERS?

The more perspectives we hear, the more open-minded we become. Encourage your children to ask others what they observed, how they understood the situation, and what they would be thinking if it happened to them. Share your perspective with them as well!

## DO YOU KNOW FOR SURE?

Sometimes we feel certain that our thoughts are true. But how can we be so certain? Your daughter may be certain that other kids think she is "weird," but ask her how she knows this. Is she certain they think she is weird? Has anyone told her this or used the word "weird" when describing her? Help her understand that we cannot get inside the mind of others, so the possibilities are endless.

## WHAT ARE THE CHANCES?

When our kids overestimate the likelihood of bad things happening, they may need help with more realistic predictions. Has it happened before? How often? Are you 100% sure it will happen? Is there a chance it won't happen?



## WHAT WOULD YOU TELL A FRIEND?


Role-playing can be a great way to take a different perspective and internalize it. Pretend that your child's negative thoughts belong to their close friend. If your child's best friend said "Nobody likes me at this school," what would your child say to them? Would they point out the people who do like them? Would they point out the things they love about their friend's personality? Maybe they would reassure them that the opinions of a few do not reflect the opinions of everyone.

## IS THERE SOMETHING THAT WILL HELP?

Our thoughts can also be reminders of what we need to do. Children can learn to use self-talk to walk them through difficult situations. Ask them, "What can you do to feel better?" and "How will you handle that situation next time?" Give them the opportunity to explain this to you, step-by-step. You are creating the internal voice that will walk them through tough situations when you are not there to guide them.

## WHAT IS A MORE HELPFUL THOUGHT?

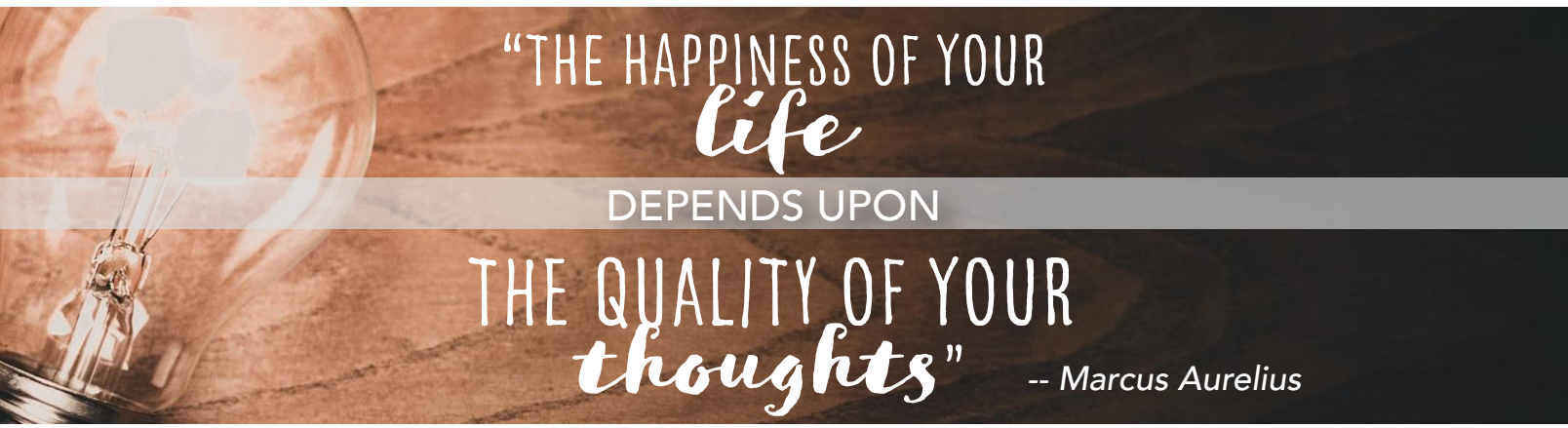
These questions and discussions can help children to develop a more positive and rational mindset. They can use what they have learned to create a list of helpful thoughts: "Math is not my best subject, but I have lots of help and I know my hard work will pay off." "That boy just bumped into me, but it was probably an accident." "I have plenty of friends who like me and the others are missing out." "I can get through this; I just need to take a deep breath and take it one step at a time."



**LINDSAY ASAWA, PH.D.**  
 Licensed clinical psychologist and co-owner of Missouri City Family Counseling in Sienna Plantation. She provides consultation and evaluations for all ages, parenting workshops, and business and school presentations.

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Positive thinking comes naturally to some, but may be a struggle for others. Children with severe anxiety, depression, and anger may have a harder time changing their thought patterns. Time and practice will help, but psychologists and counselors are always available to support parents in this process. A positive mindset creates resilience and empowers children to cope with anything that comes their way.



"THE HAPPINESS OF YOUR *Life* DEPENDS UPON THE QUALITY OF YOUR *thoughts*"

-- Marcus Aurelius



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OCT 19<sup>th</sup>

**HALLOWEEN**

It's been 40 years since Laurie Strode survived a vicious attack from crazed killer Michael Myers on Halloween night. Locked up in an institution, Myers manages to escape when his bus transfer goes horribly wrong. Laurie now faces a terrifying showdown when the masked madman returns to Haddonfield, Illinois -- but this time, she's ready for him!



OCT 19<sup>th</sup>

**THE HATE U GIVE**

Starr Carter is constantly switching between two worlds -- the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these two worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right.



NOV 2<sup>nd</sup>

**BOHEMIAN RHAPSODY**

The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music.



NOV 9<sup>th</sup>

**THE GRINCH**

The Grinch hatches a scheme to ruin Christmas when the residents of Whoville plan their annual holiday celebration.

# community spotlight



Gymnastics has long been a staple of the Olympics, and it's not hard to see why. A sport that demands balance, strength, coordination, and flexibility, gymnastics is a fun way to get in great shape. For children throughout Houston, one gymnastics and tumbling destination that they will enjoy is Olympia Gymnastics and Tumbling, a gymnasium found just off of Knights Court conveniently located between Sienna Plantation and Riverstone communities.

Brett Dodd, Olympia Gymnastics and Tumbling owner, has been a part of the industry for nearly 20 years. Now, he has built a brand-

new, first-class facility that he hopes will fill a need for training and fun in the area. From the design phase to construction, he and his team were involved with building the facility and finally establishing a positive culture where children can enjoy themselves.

Olympia trains children from as young as walking to 18 years old, but also tries to develop a sense of trust not only among the students, but with parents. Coaches perform evaluations throughout the year and keep parents up to date on how their child is performing. In May of every year, students get to demonstrate everything they've learned at the Olympia Games, an

event where these young athletes get to perform and show off their skills. Parents observe up close with their coach from one event to the next and see for themselves how their athlete has progressed.

First time visitors will find a state-of-the-art facility with custom equipment made specifically for Olympia, offering a first class product at an affordable price. Parents can rest easy knowing that the gym's 35 staff members have a level of training that matches the first-class standards that the gym embraces. As a member of USA Gymnastics and the Fort Bend Chamber of Commerce, the gym has demonstrated itself to be the destination for top class gymnastics and tumbling training.

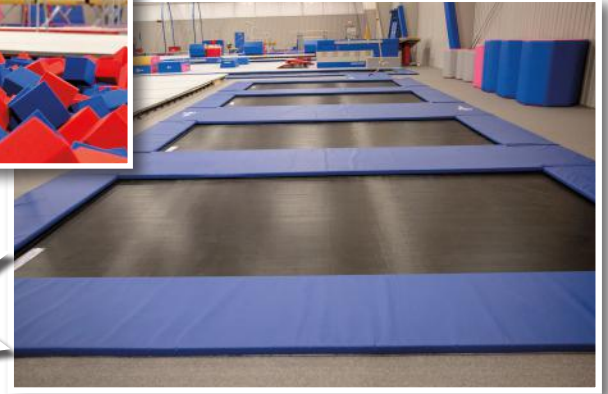


Brett Dodd, Owner



Olympia Gymnastics and Tumbling accomplishes its mission of being a top-rated gymnasium center by offering numerous programs, levels, and special events. Besides its weekly gymnastics and tumbling classes, the gym offers open gyms, summer camps, skills clinics, birthday parties, themed preschool play days, and fun events giving parents a break for the day or maybe even an evening out. It's not all training all the time!

Olympia also embraces its place in the community by sponsoring local teams and organizations, working with charities like St. Jude's Children's Hospital, the Susan G. Komen for the Cure Foundation, and the National MS Society. By working with these charities, Olympia Gymnastics and Tumbling encourages the health and wellness of people far beyond their walls.



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The members of Olympia Gymnastics & Tumbling are passionate about their sport but also passionate about creating an exciting, family friendly atmosphere. The staff works hard to make sure students make progress while maintaining a fun but structured environment, and classes are always designed and monitored by qualified directors who create age appropriate lesson plans. This mix of dedication to the sport and dedication to a child's well-being sets the gym apart from their competition.



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# TOP 10 | OCTOBER 2018

things to do in



**ONE** In the garden...it's time to till the beds and add fresh mulch prior to planting the fall flowers. What looks nice for quite some time, and pairs well with our Houston climate, are mums. I even have some that made it through the hot summer and are fixin' to bloom yet again!



**TWO** At the front door it's time to examine what that space is looking like. If the door looks sad perhaps a fresh coat of red paint is in order. There is nothing more welcoming than a bright red front door! You are going to have guests coming from Halloween through New Year's so now is the time to spruce that space up!

**THREE** On my bedside table now are the latest copies of "Travel Agent" and "Conde Nast," as well as Gary Keller's "SHIFT." Pretty reflective of where I am right now in my life having just relicensed in real estate and launched a luxury travel agency! Is what you are reading feeding you? Find out what makes you passionate about living and giving back and stretch yourself to find passive streams of income. My big "why?" I want to retire early and sit on a beach booking travel and writing for the rest of my life!



**FOUR** Ear mark one per week, and go through each "junk" drawer in your kitchen. Then, move on to your home office. Take bins and place the items in a semi organized fashion. After tackling those drawers that always seem to attract the strangest things, walk around the house and put back the items where they actually belong. Keeping everything in its place and having no "surprise" drawers for your family during the holidays will make you less stressed.



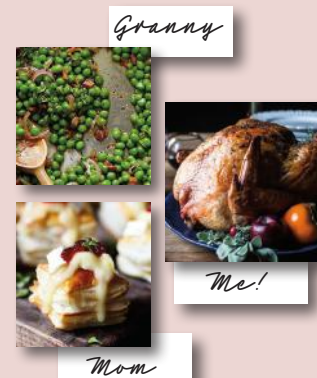
**FIVE** Have a little family meeting and discuss what adventures you'd like to have on Spring Break. Ask the children to describe their "PERFECT" vacation. That will give us some clues as to what things they might enjoy and where your next destinations should be.



**SIX** It's time to be like a sneaky Santa and start picking up teacher gifts and stocking stuffers as you see them while you are out and about. Store these in a bin in the closet and keep gathering like a squirrel so you have all your stash finished way before the holiday rush begins!

**SEVEN** Go through the attic and see if there are any coats or toys that you may have inadvertently placed out of site. Chances are there are a few items that you can drop by the Goodwill or local shelter. It's not that many, but we will have a few cold days...and for the homeless and less fortunate, that coat in your closet can be a lifesaver.

**EIGHT** Visit the Houston Zoo now that we are having a little break from our super-hot weather. Enjoy the park or the museum too! Children, young and old, like to start conversations and there's no better place to inspire that than by giving them the experience of art, nature and good conversation! Cell phones OFF please!



**NINE** Call each of your family members and assign them recipes for the Thanksgiving feast. I find that creating a board on Pinterest has been very effective at getting cooperation in this area. There's a recipe... there's a picture...here's the how-to that you have been assigned to bring. Hard to argue with at that point...right?? They will still find a way to cause they are family but alas... at least you did try!



**TEN** Find a project to do with the children that will become a tradition. Perhaps it's decorating the mantle, or table-scaping for Thanksgiving. It could be going to the Farmer's Market, gathering fresh apples and then making a pie. We like to ask the children to make a craft and participate in the appetizers for our gatherings. Here's a turkey treat that is easy enough for the littles to make! Whatever it is just know that those hard days of parenting are memories you are making and they will long outlive you!



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# A Moving Experience

by Sara Adams

**K**ent and Marilyn Johnson wanted to be closer to their children and grandchildren so they moved to our area last November. They would have arrived a little sooner had it not been for an uninvited guest called Hurricane Harvey. As the Johnsons were about to leave Dallas and head to Sienna Plantation, the hurricane appeared to be traveling faster than they were. Postponing their move, the Johnsons arrived in Missouri City after Hurricane Harvey and in plenty of time to experience the inspiring and overwhelming support of neighbors helping neighbors in the wake of a natural disaster.

While packing for their big move, Marilyn hurt her back. She found it difficult to bend over or do regular chores like loading a dishwasher, laundry or packing. She visited a doctor in Dallas and had a few sessions of physical therapy, but she was still struggling with back pain when they got here. Their pastor recommended Dr. Steve Harris of Sugar Land Health Center, and they both decided to meet Dr. Harris.

Kent was starting to experience some pain from an old back injury and Marilyn sought treatment for her back and also enrolled in Dr. Harris's weight loss program. They both liked Dr. Harris immediately. Kent said, "We're big fans of Dr. Harris and his entire staff. They really care about people. Dr. Harris is knowledgeable, kind and gentle. He can look at you and isolate the area where you are having pain."

Marilyn resolved her back pain early on and continues to lose weight with the support and counseling of Lee Harris, Dr. Harris's wife. Marilyn has lost 70 pounds since December 2nd. She said, "The program isn't that hard and I was very determined. I got a lot of positive reinforcement from Lee and the entire staff."

Dr. Steve Harris offers a wide variety of chiropractic care modalities and associated therapies to help people with chronic pain or to help improve their overall musculoskeletal function and health. Dr. Harris opened Sugar Land Health Center in 1982, and has been in practice for 41 years. Known for incorporating new technology and techniques that complement his safe and holistic approach, Dr. Harris offers chiropractic care, pain relief, spinal decompression, rehabilitation and an effective weight loss program.

Returning from a recent trip to Spain where they enjoyed a lot of walking and spending time with their son, both Johnsons were pleased with their level of activity and mobility. And Marilyn said, "I was able to maintain my weight loss while on vacation."

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Dr. Harris, Lee Harris and the entire Sugar Land Health Center staff have contributed to our well-being." All in all, relocating to the Sugar Land area has been a truly moving experience for Kent and Marilyn Johnson.

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# AROUND THE TABLE

What are your plans for this holiday season? Are you planning to host Thanksgiving or maybe a Christmas party this year? Will you be hosting out of town guests? This year The List Magazines has teamed up with local businesses to make your holiday plans seamless, now is the perfect time to start making your holiday plans.

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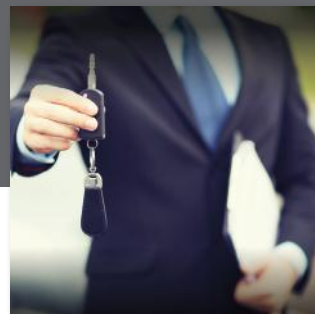


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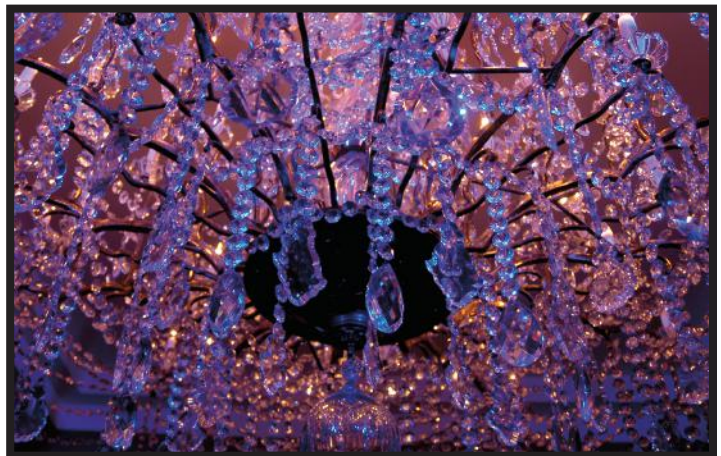
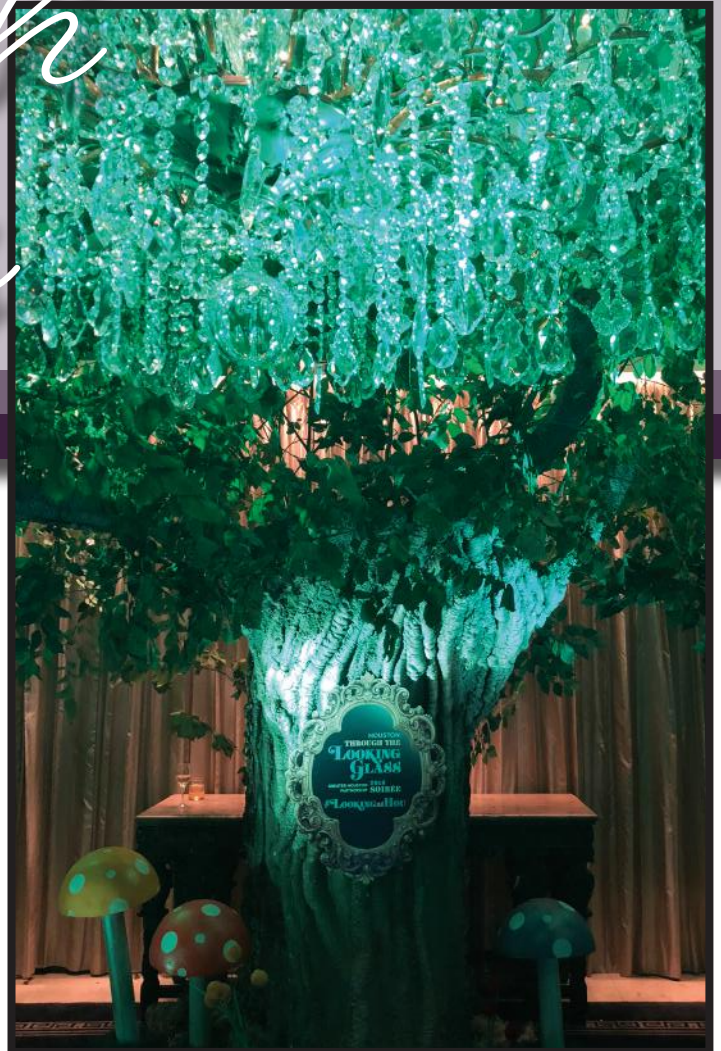
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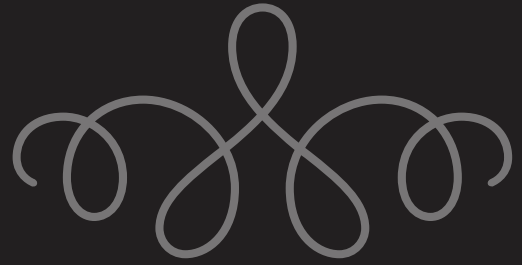
# Through THE LOOKING glass

The Greater Houston Partnership gave us a passport to escape our daily routine lives and a chance to take a glimpse Through the Looking Glass on August 25th, 2018 for their annual Soiree.

Since 1840, Greater Houston Partnership's mission has been to make Houston the best place to live, work and build a business. The Partnership prides itself on being an organization that brings together community-minded business leaders to influence the positive growth in the Houston area. The Soiree is an annual function used to raise funds for their mission and bring awareness to the organization.

The 2018 Soiree was an Alice in Wonderland – Through the Looking Glass theme held at Hotel Zaza. Upon arrival, each guest was given a passport and upon entry to each of the six themed rooms a stamp was marked in their passport. Each room was outfitted in oversized show stopping décor. The Mad Hatters International Tea Party was a room filled with decadent desserts, treats and a tea station. The Life is a Giant Chess Game room held a life-sized game of chess. Not to mention our very







own Alice and Mad Hatter making their rounds, taking pictures and interacting with Soiree guests. Once your passport was filled you could turn it in to be entered into a raffle for the 2019 VIP Soiree Experience.



Soiree tickets included access to every room, an open bar and with food partners such as the acclaimed Uchi and the like, food was to delight. A modest price of \$275 for a night full of great food, drinks and a great cause.



After guests had their fill of food and signed up for enticing silent auction items, you could try your hand at one of the poker tables or dance the night away. And if you wanted to keep the party going after the stroke of midnight after party tickets could be purchased.

FOR MORE INFORMATION ON THE GREATER HOUSTON PARTNERSHIP OR HOW YOU CAN GET INVOLVED WITH THE 2019 SOIREE PLEASE VISIT [WWW.HOUSTON.ORG](http://WWW.HOUSTON.ORG).



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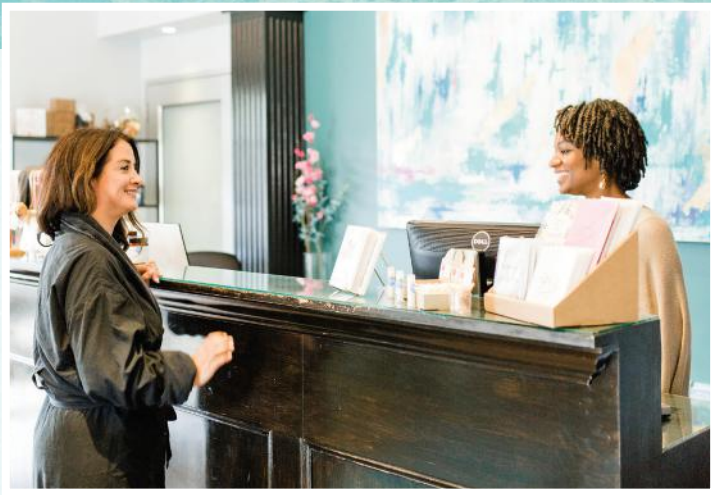
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### CAN YOU BELIEVE IT'S ALREADY OCTOBER?

Halloween is right around the corner and from there starts the whirlwind of holiday activities. With the hustle and bustle of the end of the year, it's important to consider making time to give back to yourself. Not only does it benefit you but it also has incredible benefits for your relationship.

Self-care is important for a number of reasons but the primary reason is to help manage stress. Finding time to do the things that allow you to feel relaxed or happy is vital to your health and overall well-being.

Often times we are constantly on the go-go-go until our bodies force us to shut down. Which is when we realize we have spread ourselves too thin.

There is a tremendous amount of awareness about the importance of self-care but the question is Are you really making the time to take care of yourself?

This month, I decided to plan a relaxing Sunday afternoon at one of the oldest Houston day spas, Sanctuary Spa.

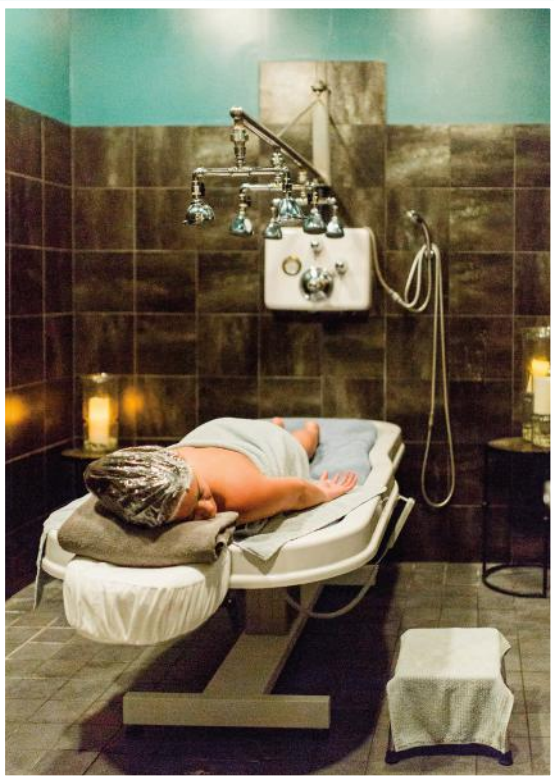
The spa is nestled between River Oaks and Montrose neighborhoods. It's one of the first day spas founded in the United States, in 1984. They are also known for their aromatherapeutic and holistic health approach in their services and products.



The spa offers award winning services, which include facials, massage, bodywork, hair removal and hydrotherapy. They also now carry the highly sought after anti-aging product, Knesko Mask. I personally got to experience this mask and I can't tell you how smooth and hydrated it left my skin. Perfect to do right before an event or special occasion.

Sanctuary Spa has also been featured and recognized in many publications like Vogue, Allure and Travel & Leisure.

**DID YOU KNOW THAT RESEARCH HAS SHOWN THAT MAKING TIME FOR MASSAGES CAN HELP BOOST YOUR ABILITY TO DEAL WITH STRESS AND EVEN FIGHT DISEASE.**



MAKE  
**THE**  
TIME

Marriages, especially, have many layers of responsibilities that can lead to high levels of stress. Heading to a spa together is a great way to decompress and also helps to reconnect.

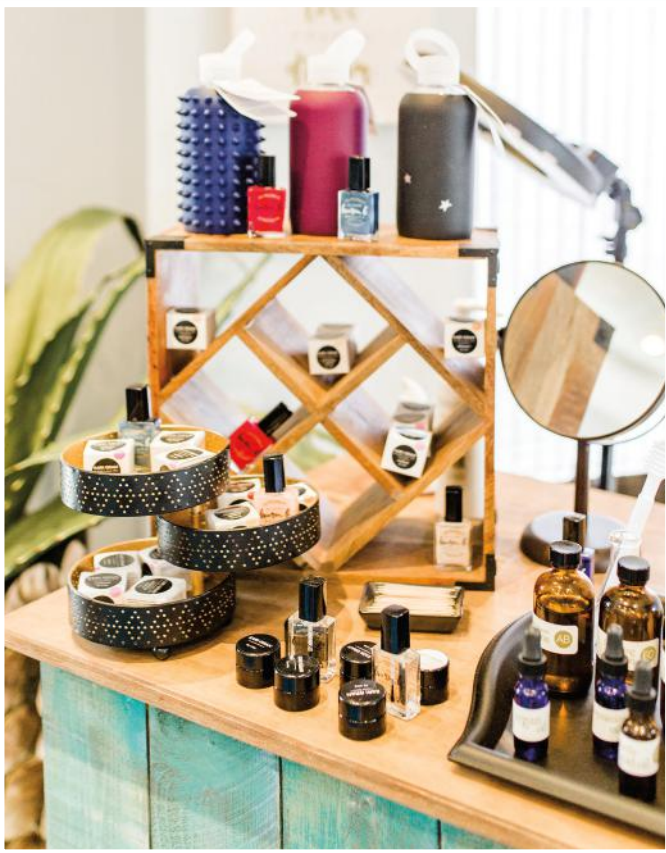


The best part? It forces you to set down your electronics and be present with one another.

For our date we did the Sea Salt Scrub, Infusion tub therapy and a couple's massage. It was exactly what we needed. Once we left the spa it got me thinking about the areas I need to focus more on to create good self-care habits. Like time management, eating healthy, exercise, reducing stress (whenever possible) and making more time for relaxation.



We all know the importance of self-care. The hard part sometimes is making it happen. Try to make the time daily, weekly and monthly. Make it something that is non-negotiable. If you don't put yourself first, no one will do it for you. When you are at your best not only will it benefit you but it will also benefit everyone around you as well.



## RECONNECT *with* EACH OTHER



Hope this helps inspire you to take time to relax and maybe even plan a fun spa date with your significant other.

Thanks for stopping by and reading about our visit to Sanctuary Spa.

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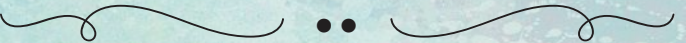


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KNOWLEDGE IS POWER WHEN IT COMES  
TO THESE **FOUR UNCHANGEABLE** RISK  
FACTORS IN DEVELOPING BREAST CANCER



## ARE YOU AT A **HIGHER RISK?**

**Y**ou might think you're safe from breast cancer if no one in your family has had it. But family history is just one of the factors that determine your risk for the disease. One in 8 women will be diagnosed with breast cancer in her lifetime.



**"IT IS IMPORTANT FOR WOMEN TO BE AWARE OF THEIR PERSONAL RISK OF BREAST CANCER,"**

said Dr. Sandra Templeton, board-certified surgeon with Houston Methodist Breast Surgery Partners at Sugar Land. Here, we spotlight four of the greatest risk factors for breast cancer.



### **1** YOUR AGE

Unfortunately, the number of candles on your birthday cake affects your risk level most. The majority of women diagnosed with breast cancer are older than 50, and the risk increases as you age. What's more, 2 out of every 3 invasive breast cancers found are in women ages 55 and up.

### **2** YOUR ETHNIC BACKGROUND

Asian, Native American and Hispanic women have lower odds of developing breast cancer and dying from the disease. On the other hand, Caucasian women are more likely to be diagnosed, and African-American women are at a greater risk of dying from breast cancer. Having an Ashkenazi Jewish ancestry also poses a higher risk. These are factors that may be important to consider if another risk factor exists.

### **3** YOUR FAMILY TREE

If your mother, sister or daughter has had breast cancer, your risk is doubled. But if that's not the case, you're not necessarily in the clear. Less than 15 percent of women diagnosed with breast cancer have a family history of the disease, which means it's important to schedule the screenings that are right for you.

### **4** YOUR GENES

Thanks to celebrities like Angelina Jolie, you might know that a woman who has the BRCA1 or BRCA2 gene mutation is at higher risk for breast cancer — by 55 percent to 87 percent — and for ovarian cancer, as well.

"The goal is to find the mutation in women before they develop cancer," Templeton said. "A simple blood or saliva test is meant to tell a woman whether she's at high risk."

If your personal and family history warrants it, your physician may recommend genetic testing, which looks for altered BRCA genes and other mutations. The results can help your doctor determine whether you would benefit from preventive surgery, additional screenings or medications to reduce the risk of a cancer diagnosis.

Talk with your doctor if you have a family history of the following:

- Breast cancer at age 50 or younger
- Ovarian cancer at any age
- Male breast cancer at any age
- Ashkenazi Jewish ancestry and a personal or family history of breast or ovarian cancer
- Two breast cancers in the same person or on the same side of the family
- Triple-negative breast cancer at age 60 or younger
- A previously identified BRCA1 or BRCA2 mutation in the family

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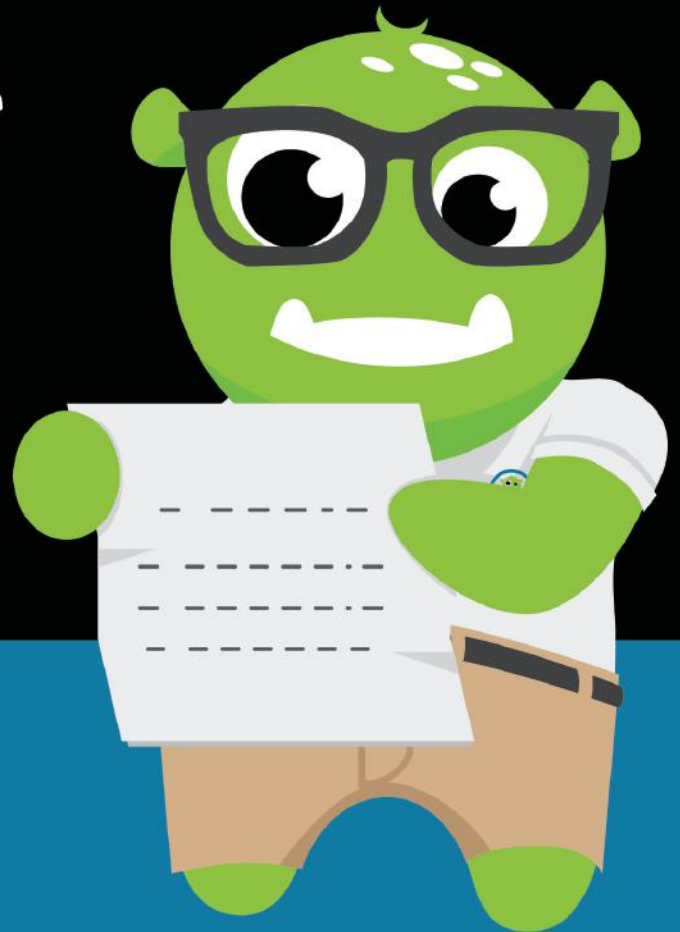
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Age 40+ ..... Annually\*

This x-ray looks for early signs of breast cancer.

\* Please talk to your doctor to determine at what age you should begin receiving an annual mammogram.

## YOUR BREAST CARE OPTIONS

When it comes to breast cancer, early detection is key.

The Houston Methodist Breast Care Center at Sugar Land offers screenings, prevention resources and more.

To schedule your mammogram, please visit [houstonmethodist.org/imaging](http://houstonmethodist.org/imaging) or call 281.242.PINK (7465).

To schedule an appointment with Dr. Sandra Templeton at Houston Methodist Breast Surgery Partners, call 281.724.4276.

# WHAT EVERY WOMAN SHOULD KNOW ABOUT BREAST HEALTH



1 IN 8 WOMEN WILL DEVELOP BREAST CANCER IN HER LIFETIME

# 85%

of women with breast cancer **DO NOT** have a family member with the disease

## RECOGNIZE YOUR RISK FACTORS

- Genetic predisposition: BCRA1 or BRCA2 gene
- Family or personal history of endometrial, ovarian or breast cancer
- Childbirth: first full-term pregnancy after age 30
- Menstrual history: early onset or late menopause

# styling YOUR FAMILY photoshoot

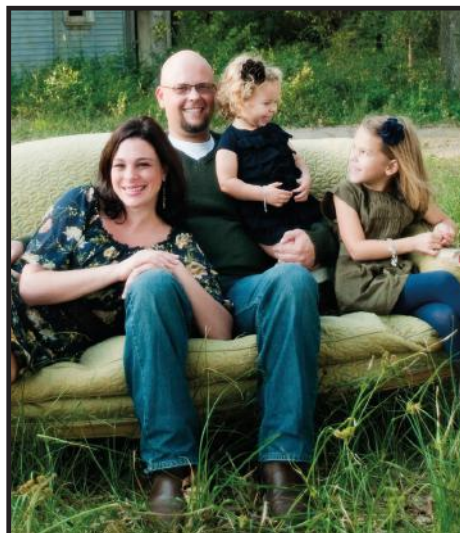


As a professional newborn and family photographer, I have had the privilege of photographing hundreds of families over the years. The number one question I get asked is what do we wear?

Long gone are the days of the boring white shirts and jeans look or being overly matchy-matchy. I want my clients to all stand out each individually but also look cohesive together. So how do you achieve that? Here are few main things to help you plan your family wardrobe.

## First and foremost, BE YOU!

Your clothing choices should allow you to be yourself and reflect your family. Be preppy, be romantic, be edgy, be classic, BE YOU!



## Choose one person to stand out for center stage.

They can wear one impactful piece that inspires the accessories and colors in everyone else's outfits. Typically, it's easier to have a woman or girls outfit be the focal point of a picture. Patterns are like bright colors, they are great when used with a light hand.

One person wearing a patterned top or dress can break up the picture in visually interesting chunks.

## Layer your outfits and use different textures.

Different fabrics and accessories can give much needed texture to a photo. Look for pieces of clothing with embroidered details, lace colors or accents, ribbons, ruffles or other fun textures. Layers offer different aspects to a photo. Think jean jackets, vests for boys, fur vest for girls.

Have fun!

## Make a photo interesting & unified with accessories.

There's plenty to choose from for both sexes and all ages -- outerwear, jewelry, hats, bow ties, flower crowns, scarves, and more. You want to use a light hand when it comes to accessorizing. Too many accessories can overwhelm a photo and take the focus off what is really important - you!



## Everything matters from the top to bottom.

Yes, that includes the shoes! Remember to dress down to you and your family's feet. No crocs or scuffed reeboks please!



## Choosing clothes for children.

Adults can be comfortable in just about anything for the length of a photo shoot. Kids can be made itchy or uncomfortable by the smallest inconveniences - a tag in the back of a shirt or fabric that rubs the skin the wrong way. Choose free-flowing clothing that will allow them to move easier, but please also make sure it fits them. Oversized clothing that has to be constantly adjusted ruins the flow of a session!



## Lay everything out on the floor and take a picture.

Does anything stand out in a bad way? Does everything work together (same feel and or coordinated colors)? I encourage my clients to send me a picture because I am always happy to help and give advice!

Wardrobe is the icing on the cake, the ribbon on the already pretty package, and can help make the outcome of your family photos perfect. I hope these tips help you when planning your families wardrobe for your fall photos!



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