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# Parent Newsletter

## May 2026

## Picture Perfect: Simple Ways to Capture and Keep Family Memories

Photos help you hold on to the little moments that matter most—first steps, silly faces, and quiet snuggles. They also help your child build a sense of who they are and feel connected to the people who love them. Over time, these photos become part of your child's story.

The good news is you don't need special tools or a lot of time. Your phone, a few simple tips, and a little intention are enough.

In this newsletter, you'll find easy ways to take better photos, make photo time more enjoyable, keep your pictures safe, and turn them into something your child can see and touch. You'll also learn how to share photos online in ways that protect your child's privacy while still helping you stay connected.

### Take Better Photos with Your Phone

You can take beautiful, meaningful photos with just a few small changes that make a big difference.

#### Get close

Try to move closer to your child instead of using the zoom on your phone. Zooming often lowers image quality, while getting physically closer keeps the photo clear and detailed. For face photos, aim to be about one to three feet away so your child fills most of the frame. This helps capture expressions and makes the image feel more personal.

#### Use natural light

Lighting makes a big difference. Natural light is usually the most flattering, so try taking photos near a window or outside. Position your child so the light falls on their face rather than behind them. If the light is behind your child, they may appear dark or hard to see.



#### Get down to their level

Kneel, sit, or even lie on the floor so your camera is at your child's eye level. This helps you capture more natural and engaging photos. Before taking the picture, tap your child's face on your screen so the camera focuses and adjusts the lighting.

#### Check the background

Take a quick look behind your child before snapping the photo. Busy or cluttered backgrounds can pull attention away from the moment. Moving a few items or shifting your angle can help keep the focus where you want it.

#### Take more than one photo

Kids move quickly. Taking several photos in a row, using burst mode or quick taps, gives you more chances to capture a moment you love.

#### Capture real life

Some of the best photos happen during everyday moments like playing, eating, or reading. These often show your child's true personality.



### Make Photo Time Fun for Everyone

Photo time goes better when children feel relaxed and involved.

### Follow your child's lead

Instead of asking your child to stop what they are doing, take photos of what already has their attention. This keeps things natural and less stressful.

### Turn it into a game

Simple prompts like "Can you jump?" or "Show me your silliest face!" can turn photo time into play. Playfulness helps bring out the real smiles.

### Use sounds and movement

Clap, sing, or make funny sounds to get your child's attention. For babies and toddlers, moving a toy or colorful object near the camera can help guide their focus.



### Let them be part of the process

Let your child press the button or look at the photos afterward. Including them builds interest and can make them more willing to participate.

### Keep it short and flexible

Photo time does not need to last long. A few minutes is often enough. If your child gets tired, take a break and try again later.

### Keep Your Photos Safe

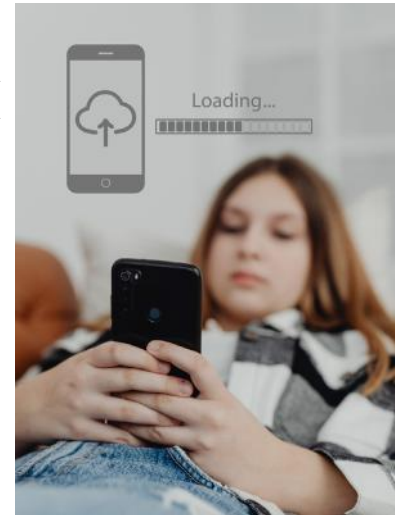
Your photos are valuable memories, and a few simple steps can help protect them over time.

### Turn on automatic backup

Most phones offer cloud backup that automatically saves your photos, often when connected to Wi-Fi. This helps protect your images if your phone is lost or damaged.

### Check your backup regularly

It can be helpful to check once in a while to make sure your photos are saving correctly. A quick review can prevent surprises later.



### Save a second copy

For added protection, store your photos in more than one place, such as on a computer or an external drive. Having two copies reduces the risk of losing important memories.

### Organize your photos

Creating simple folders by year, season, or age (like "Age 3" or "Summer 2026") makes it easier to find just the right photo later.

### Print your favorites

Printed photos offer a reliable backup and a different way to enjoy your memories. Even printing a small number each year can make a lasting difference.

## Make Photo Books Your Child Can Touch

Photo books help bring your child's story to life in a way they can see, hold, and look at over and over again.

### Choose a format that works for you

You might use a store-bought album, a simple binder, or a homemade book. It doesn't need to be expensive to be meaningful.

### Add simple captions

Labeling photos with simple phrases like "At the park," "First birthday," or "Playing with Grandma," helps your child connect words to memories.

### Make it durable

Use thicker paper or plastic page protectors so the book is safe in little hands.

### Keep it accessible

Keep the book within reach of your child. Looking at photos often helps build memory and language, especially when you talk together about what you see.



## Share with Care: Posting Photos of Your Child Online

Sharing photos helps you stay connected, but safety and privacy are key.



### Think about your child's future

Photos shared online become part of your child's digital identity. As your child grows, they may have their own preferences about what is shared. Thinking about how they might feel about it later can guide your choices now.

### Check your privacy settings

Social media platforms allow you to limit who can see your posts. While these settings are helpful, it's still important to remember that others may download or share images.

### Limit identifying details

Avoid sharing information like full names, locations, or daily routines. Even small details in the background, like signs or logos, can reveal more than intended.

### Choose photos to share carefully

Choose photos that respect your child's dignity and perspective. It can help to pause and consider how your child might feel about the image now or in the future. Avoid sharing photos or stories that could feel embarrassing or overly personal, even if they seem funny in the moment. It's also safest not to share images of children in any state of undress because, unfortunately, there are people online who might use those pictures for bad purposes.



## Pause before posting

Ask yourself:

- Would I be okay if this were shared more widely?
- Does this respect my child's privacy (now or in the future)?

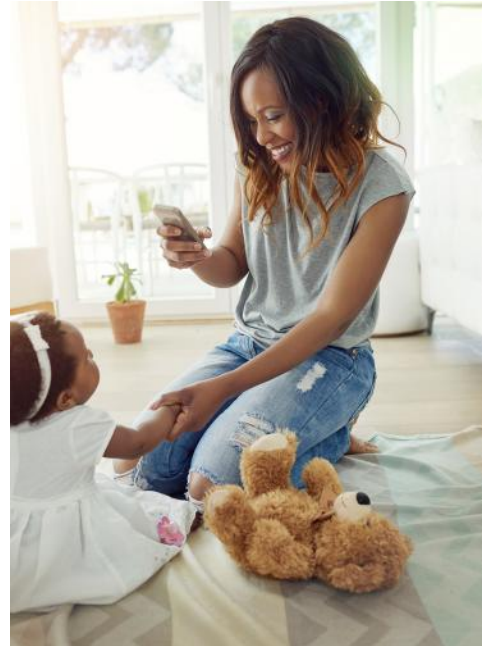
## Use safer ways to share

Sending photos through text, email, or small private groups can help you stay connected while keeping images more secure.

## Model digital respect early

Your choices help teach your child about boundaries, privacy, and respectful sharing, skills they will use as they grow.

**To learn more:** [UNICEF](#) and the [Child Rescue Coalition](#) offer guidance on protecting your child's images online.



You don't need perfect photos to create meaningful memories. What matters most is noticing everyday moments—your child's smile, their play, and who they are becoming.

When you take photos, keep them safe, and share them with care, you are doing more than saving images. You are creating a story your child can carry with them.

Small steps—taking a few photos, printing one, or pausing before sharing—can make a big difference over time. These choices help protect your child while saving the moments that matter most.

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*If you reside in Oregon,  
have a child ages 3-5, and  
meet income requirements,  
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preschool!*

## Preschool Promise 2026–27 Application Now Open!

Give your child a strong start, and a love of learning that lasts!

Families in Oregon with children ages 3–5 may qualify for free, high-quality preschool through Preschool Promise.

Apply now for 2026–27: [pollywogfamily.org/free-preschool/](https://pollywogfamily.org/free-preschool/)

Need help? Our Coordinated Enrollment Team is here for you!

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