



My Photo Day Story



A gentle visual guide to help prepare for your photography session.

Unique Footprints Co.
Neurodivergent-Friendly Photography
St. Louis, Missouri

This Is My Photographer



**This is Mrs Kathie.
She takes pictures of families.
She is patient and kind.
She helps kids feel safe.**

Photo Day Is Coming



On _____, I will take photos.

My family will be there.

We are going to have a calm and safe time.

Where We Are Going?



We will go to _____.

It might be outside / inside.

I can stay close to my grown-up.

When We Arrive



Mrs Kathie will say hello.
She may talk softly.
I do not have to talk if I don't
want to

The Camerarrive



This is the camera.
It might make a clicking
sound.
The sound is safe.

What I Might Do



I might:

- Stand with my family
- Sit
- Walk
- Hug
- Look at my grown-up

I can take breaks.

It Is Okay If I...



It is okay if I:

- Move
- Need space
- Do not smile
- Bring my comfort item

Miss Kathie understands.

Break Time



If I feel overwhelmed, I can:

- Sit with my grown-up
- Use my fidget
- Take deep breaths
- Have a snack

Photos can wait.

The Session Ends



Photo time lasts about
_____ minutes.

When we are done, we go
home.

I did a great job.

How to Use This Visual Story

Preparing for a photography session can feel overwhelming for neurodivergent children. This visual story is designed to create predictability, reduce anxiety, and build familiarity before photo day.

How To Use This Guide:

Read it together 5–7 days before your session.

Read it again 2–3 days before.

Read it the morning of your session.

Keep language calm and neutral.

Allow your child to ask questions — or simply observe.

Repetition builds safety.

You may:

- Add real photos of the exact location
- Replace generic images with photos of your child's comfort items
- Cross out anything that does not apply

This is not about perfect behavior.

This is about helping your child feel safe.

As both a photographer and a mother of a child on the spectrum, I understand how important preparation is. My sessions are flexible, patient, and child-led whenever possible.

We will move at your child's pace.

— Mrs Kathie

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