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How Family Portraits Can Raise Children's Self-Esteem

Patrick Steger, Patrick Steger Photography

Something parents often don't consider when thinking about family portraits is how it can help strengthen a child's self-worth and confidence. Unfortunately, most photographers rarely know about this either.

Psychologists and other experts have conducted studies to explore the link between family portraits and a child's self-esteem. About now you may be asking yourself how can family portraits help boost a child's self-esteem?

David Krauss, a psychologist from Ohio says, "I think it is really important to show a family as a family unit. It is so helpful for children to see themselves as a valued and important part of that family unit." Krauss is also one of the early pioneers in using people's personal photography and family albums to assist in mental health counseling and therapy.

Judy Weiser, a psychologist based in Vancouver says, "It lets children learn who they are and where they fit." When a child sees a family portrait with them included in the photograph, they say to themselves: "These people have me as a part of what they are, that's why I belong here. This is where I come from."

A photographer's job when creating a family portrait is to produce an image that tells a story about that family and each member of the family. When I am creating such an image, my goal is to capture the "feelings" of the family and each member of that family. When a portrait can speak to its viewers, telling a story and showing the "feelings" of that moment in time, then the children will know they belong to a family and it will help them understand where they fit.

Another question I often receive is, "In today's world, digital images are just as good as printed portraits aren't they?" Digital images can be shown on mobile devices, TVs, PC's and other digital media. That's true. However, my question is do any of those medium have the same impact on a child's self-esteem as having a family portrait hanging on a wall?

For many reasons, my answer is that family portraits should be hanging on a wall in a location where the family and visitors see them prominently displayed. This has much more impact than having to "pull up" the photographs on a computer, TV, mobile device or on social media. Please do note that all the digital images are important also, but I don't believe they have the same impact as do large printed portraits.

Printed portraits hanging in a home make a statement to the viewers (family or friends or other visitors) that the family has made a conscious decision to invest in a work of art that will tell stories and make an impact for generations.

As a photographic artist it is important to me to get to know the family I am photographing so I can use my skills to capture the individual personalities of each person in the portrait. This helps me create those images that the family loves and cherishes.



Memories Start Here

Taking That First Step Toward a Healthy Life **JoAnn Mauk, Plexus Ambassador**

Let me ask you, how is your happiness level? What about your body energy level? May I help you with that?

My life dramatically changed three years ago when I took my step forward in my wellness journey. I began using Plexus wellness tools. I could tell a difference within a week regarding movement and stamina. I could feel energy and could walk more and farther than I had before starting on Plexus.

I have been using our XFactor for 2.5 years and was able to get off Zyrtec. Our XFactor gas aloe which helps to absorb the nutrients in the vitamins and in the food we eat. So XFactor helps with immunity issues and it has now been refined as XFactor Plus. It has Polyphenols which protects against the common health issues and certain effects of aging; has microbiomes which protects against germs and aids in the break down of food to release energy.

Finally, Methylated action has been done to the ingredients allows the body to

readily utilize the vitamins; this is expensive, but so VIP for enrichment. If you want a difference in current energy level or you want to see how you can feel the version of yourself, ever! I want to help you get there. What do you to lose? We give you a 60-day money back guarantee if not fully satisfied. Give yourself that chance; you deserve that!

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	feed those beneficial bacteria with Plexus Slim	
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...because Gut Health is where it's at.

Healthy Starts Here

Organizer's Corner

Carolyn Ortiz, All Squared Away



I have been blessed helping my network members grow their business. In the beginning, I just wanted to join a group and get the word out about my business. Today, every waking moment, I think about how I can increase visitors, marketing, referrals, expand services all on a shoestring budget for the group. While it hasn't been easy, it's been very rewarding.

None of this would be possible without members of the group who are glad to lend a hand. Tracking attendance, referrals, and close of business is an ongoing task. Then we have future speakers to sign up, maintaining budgets, memberships, and of course Facebook. I believe G.R.O.W. San Marcos is a networking group unlike so many others. I would like to thank all the members for their support and putting up with my crazy ideas during the meetings.

So what makes us a successful team?

1. Check the ego at the door. If you don't know something, ask.
2. Realize that everybody in the group has strong skills. Don't be intimidated. Provide a platform to engage everyone.
3. Delegate and trust that the job will be handled. Micromanaging does not work in this setting.
4. Provide guidelines to work by, but not dictate your agenda. We want you to be successful.
5. Make yourself accessible at all times to members, not just when you want their business.

This is how we G.R.O.W.

SPEED NETWORKING EVENT

Are you ready? Need to network? Friday, July 28th. Info @ growsanmarcos.net.



Are you ready to speed things up?

Speed networking is the fastest way to increase business contacts. July 28th @ 6 p.m. Tickets are just \$10. Light refreshments, appetizers, and door prizes.

[Apply Now!](#)

One more thing.

If you have any questions about G.R.O.W. San Marcos, please contact us:
growsanmarcos@gmail.com.



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102 Wonder World Dr., #304-131
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