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To: scott@afamilyforeverychild.org
Subject: How to Create a Family Video
Attachments: QuickVideoTips-Children.pdf; QuickVideoTips.pdf



Dear ,

Your video profile plays an important role for both children and caseworkers. A 3-8 minute video profile provides an intimate window into your world. It provides an intimate way for you to communicate why you want to adopt, share the love that you have to offer, and express how a child would change your life.

Creating a video profile takes a few easy steps. Use a video camera, iPhone, or other video device to film yourself sharing a bit about yourself, your family, and why you want to adopt.

General Tips

1. Keep in mind that you do not want to overwhelm a child who may receive your video. It's best to avoid including a lot of extended family and include only the people living in your home. You should also limit yourself to include only one or two pets, otherwise it could send the message that your pets and extended family are more important than the child.
2. Avoid filming in front of large windows or with the sun shining too brightly behind the subject.
3. Never turn the camera sideways while filming.
4. Avoid zooming in or out during a shot.

What to film: Getting the basic shots

Main interview: About 10-20 minutes with adoptive parent(s).

1. When possible place camera on tripod or stabilize camera by placing on a table in front of you.
2. Do not look directly into the camera. Instead, look off to one side at the person standing next to the camera (real or an imaginary person).
3. The camera should remain at eye level of the subject.
4. Make sure the camera is focused on your face and not the background.
5. The camera should see both of your eyes; avoid profile (side) shots.
6. Eliminate all distractions. Turn off all your cell phones, the TV, radio, etc.
7. Make sure you are close enough to the camera so the viewer can hear you. It always helps to playback a sample to make sure your voice is being recorded clearly.
8. Present yourself as naturally as possible. Pretend like you are talking to a friend.

What to talk about:

1. Introduce yourself- name, job, etc.
2. Talk about your interests, hobbies, etc. If you are a couple, talk about how you met.
3. Describe a typical weekday and weekend.
4. Explain your motivation to adopt.
5. Tell what you want to provide for your future child.
6. Talk about how a child would change your life.
7. Anything else you want your child to know about you.

(Optional) Everyday action shots: (3-5 activities, 2-4 minutes of footage for each, giving viewers a window into your life).

1. Avoid staring directly into the camera; act as naturally as possible.
2. If you hold the camera by hand, be sure to hold it as steady as possible.
3. Only film the family members that live in the house.

Examples of what to film:

1. Taking a walk as a family or with your dog.
2. Making dinner and/or eating dinner as a family.
3. A family picnic.
4. Going for a hike.
5. Playing sports.
6. Other hobbies- painting, sewing, baking, etc.

Family photos: Provide 25-30 family photos.

1. Choose a variety of photographs, some posed and some candid.
2. Keep it simple for the caseworker and child; choose only a couple of photos of each parent and the house.

For more tips and suggestions, please visit our [How to Make a Video](#) page.

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