



Quick Video Tips: Future Parent videos

General Tips

1. When filming and sending photos don't overwhelm the children. Don't include a lot of extended family, and keep it to only one or two animals (you don't want to present them as more important than the children).
2. Avoid filming in front of bright windows.
3. Never turn the camera sideways while filming.
4. Avoid zooming in or out during a shot.

What to film: Getting the basic shots

1. **Main interview** (about 10-20 minutes with adoptive parent(s))
 - Place camera on tripod or stabilize camera by placing on a table in front of you.
 - Don't look directly into the camera. Instead, look off to one side at the person standing next to the camera (if there is one).
 - The camera should be at your eye level.
 - Make sure that the camera is focused on your face (not the background).
 - Avoid profiles; the camera should see both of your eyes.
 - Turn off radios, TVs and other distracting background noises.
 - Make sure you are close enough to the camera to be heard. Playback a sample to make sure the camera is picking up your voice.
 - Relax and answer questions naturally like you are talking to a friend.
 - Things to talk about:
 - Introduce yourself (name, job, etc.)
 - Talk about your life. If you are a couple, how did you meet? Etc.
 - What is your typical day or weekend like?
 - Why do you want to adopt?
 - What do you want to provide for your future child?
 - How would a child change your life?
 - What would you want your future child to know about you?

Have it look like this



or like this



Avoid cutting off part of your face
And make sure the camera can see
both of your eyes



2. **(Optional) Everyday action shots** (3-5 activities 2-4 minutes of footage for each activity) These scenes give viewers a window into your life.

- Don't look at the camera
- If you are holding the camera by hand, hold it as steady as possible
- Only film household family members
- Example shots
 - Taking a walk or walking the dog
 - Making dinner/ eating a family dinner
 - A family picnic
 - Going for a jog
 - Playing a sport
 - Hobbies like sewing, drawing, painting etc.



Family photos: provide 25-30 family photos

1. Choose a variation of photographs, some posed and some candid
2. Keep it simple for the case worker/child: a couple of the parents and house
3. Burn the photographs onto a disk to mail, or email them to video@afamilyforeverychild.org. If they are not digital, please scan the photos, and then burn them onto a disk.

