



SPIRIT&FRAME
ACOMPLIMENTARYGUIDE

Preserving Youth

Before They Outgrow the Moment

A Spirit & Frame guide to capturing childhood with intention

"The years are short. The photographs are the proof that they happened."

Children exist in a state of constant becoming. Every phase -- the chubby hands, the gap-toothed smile, the way they said a word wrong for two beautiful years -- dissolves before we think to hold it. This guide is about creating the habit of capture before the moment passes.

01 - The Ordinary Tuesday

The birthday photos will happen. What gets lost is the Tuesday afternoon -- the light in the kitchen at 4pm, the game they invented alone in the backyard. Set a reminder once a week to photograph one unremarkable moment.

checkmark I photographed one ordinary moment this week.

02 - Capture the Voice

Record a short video of your child speaking -- their current vocabulary, the way they pronounce things, what they are thinking about right now. Voice changes faster than faces. A 60-second recording is a time capsule.

checkmark I have a recent video of my child's voice saved in my Legacy folder.

03 - Photograph the Hands

Small hands holding things -- a crayon, a toy, a grandparent's finger. Hands tell age the way faces sometimes cannot. These images become extraordinary in ten years.

checkmark I have at least one photo of my child's hands saved.

04 - The Generational Portrait

At least once a year, photograph your child with the oldest living family member available. This image, repeated annually, becomes one of the most powerful archives a family can own.

checkmark I have scheduled or taken a generational portrait this year.

05 - The First and Last Ritual

First day of each school year. Last day. Same spot, same framing if possible. The sequence, viewed together in ten years, is breathtaking.

checkmark I have a consistent first/last day tradition documented.

When you are ready to go beyond the guide, Spirit & Frame is here.

Five capsules. One intention: your memories deserve to last.

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With reverence, The Curator | Spirit & Frame