

VIDEO SUBMISSIONS

Videos can be recorded using a video recorder or the video function on your smart phone or tablet.

1

FIND THE RIGHT SPACE

Where you film your story should: have good lighting, have a light colored (or white) background if possible, and, above all, make you feel comfortable!

2

POSITION YOURSELF

Positioning yourself and/or your partner slightly left of the view finder is a great place to start!

Zoom in or position the camera to ensure that you are visible from the waist up (*see image*).

3

MINIMIZE BACKGROUND NOISE

We want to hear every part of your story and we want everyone else to be able to hear it too. Minimize background noise for best possible sound quality.



4

TIME TO RECORD

At the beginning of your video, please say your full name(s) and your baby's name. **Please spell them out as well.** Tell your story in your own words using as much or as little detail as you want. Speak from your heart.

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THINGS TO REMEMBER:

- Taking breaks is okay! Don't stop recording if it is only for a short time — Star Legacy Foundation can edit out moments of contemplation as needed.
- If you would like to show a photo of your baby(ies) or include other special items, that is more than welcome.
- It is okay if you become emotional. We do not believe in censoring our experiences and emotions. It is an important part of your story!
- One or both parents can be in the video and it is absolutely fine if only one person does the speaking. Both are, of course, welcome to speak.
- *Sending the video to us it is considered consent for us to use your video/story in our various projects and on our website. Please know that we will always respect the information you share. It will never be used for any other purpose(s) without your explicit permission.*