

WHEN TO COME IN FOR THE SHOOT

For expecting mamas with singletons, a good time to do your maternity photos when you are 28 – 36 weeks along. Your belly is full but you are still comfortable to pose. For expecting mamas with twins (or more), come in earlier around 26 – 32 weeks as twins tend to arrive much earlier than singletons.

PROFESSIONAL MAKEUP AND HAIR

I highly recommend professional makeup and hair. Not only will this make your photographer's work easier, you will feel beautiful and confident at your session. However if it's not in the budget, your going-out-on-a-hot-date makeup and hair is fine too. Neutral looking fake lashes can really flatter your eyes.

POSING

Trust your photographer to direct you in posing so you can look your best. What makes maternity photos different from other portraits is that the images focus on you, your personality, feelings and the bond you have with your much-awaited baby. Many maternity poses such as hands on the belly and eyes looking down express emotions and connection to your belly. Other maternity poses empathize the beautiful curves of your body.

WHAT TO WEAR

Wear whatever you feel comfortable and pretty in.

- Neutral strapless bra and seamless underwear
- Black bra and panty set (for those black background belly shots)
- White/ivory bra and panty set (for those white background belly shots)
- Lingerie sets
- Tube top or belly band
- Regular jeans (not maternity ones) and camisole top
- Buttoned shirt or blouse
- Long, flowy or form-fitting dress (e.g. tube dress or a summer maxi dress)
- Button ups sweater or cardigans
- Men's button ups top (for significant other/husband)
- Coordinating outfits (for significant other/husband and/or children)
- Any favorite scarves, accessories, jewelries, etc.
- Any sentimental items (e.g. baby ultrasound image)

LOCATION

Consider the location of your shoot and the advantages/disadvantages of them.

Indoor (e.g. in the home)

Advantage in the home is comfort and connection to familiar surroundings. You don't have to worry about the weather outside. Disadvantage, you have to clean your house so it will look good in the photos. The lighting may not be optimal.

Outdoor

The natural beauty of a pregnant woman in a beautiful outdoor backdrop is simply breathtaking! The parallel of a mother about to bring to life into the world and Mother Nature is a powerful one. Disadvantages are that the shoot is weather-dependent and shooting

hours are limited to the golden hour of sunrise or sunset (when the quality of natural light is at its best). Reschedules can happen and may trigger the rescheduling of other related appointments (e.g. professional makeup and hair artist, florist, venues, etc.) Remember your bug spray. Be prepared to walk/hike to the location and change outfits outdoors.

A great maternity photography session will not just produce stunning and gorgeous images, but also make you feel confident and beautiful.