



maternity POSING GUIDE

go to tips + poses for maternity sessions.

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Here's a look at a few of my go to tips & poses and how I make the most of them.



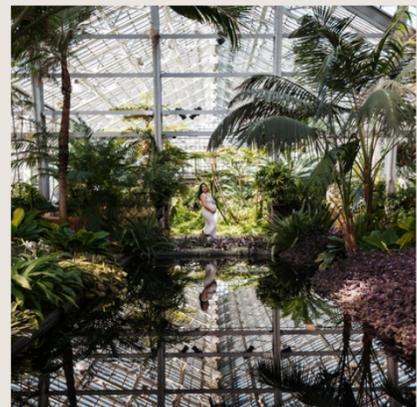
Hi there! I'M EMILY

Lifestyle and wedding photographer based in Northwest Indiana. I specialize in emotive imagery with rich, earthy tones. I've made this guide as an intro to tips & posing help for maternity sessions and insight into what to expect from mentorships with me!



location

When working with unique locations, use that to your advantage! Highlight the space by drawing back. Make your subject a focal point but do so from a distance or using new points of view.





variety

The best way to make the most of a session isn't to do more poses, it's to capture more of each pose. Clients always appreciate having options. What is your favorite may not be theirs, so variety lets them have more say and leaves you room for upsells and upgrades.

In each pose, take photos from high, low, near, far. Move your feet and adjust the angles you are shooting at. All of these things allow you to make one pose into a number of different photos.

Details

Highlight details for keepsakes for your clients. They also make great filler photos for carousels and socials posts.



(PROJECT 01)

(2030)



(PROJECT 02)

(2030)



(PROJECT 03)

(2030)



Go to photos of Mom

pop the leg closest to the camera

The more dramatic the better, it helps accentuate the bump. Have mom look at the camera, at the sky, down her shoulder, etc for extra variety in the pose.



cradle the bump, walk to camera

Smile with the eyes, look down at the bump, look off to the side and laugh, swish a dress or skirt around - all ways to make it more fun.

kneel down

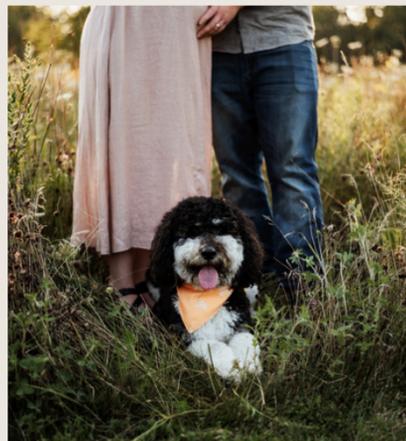
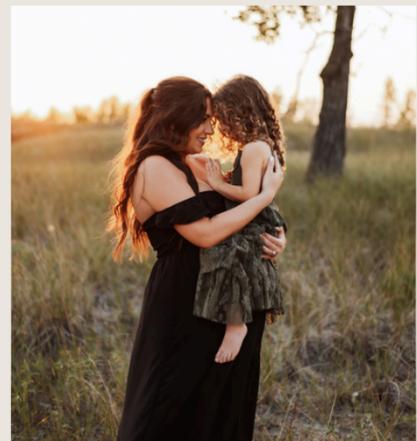
kneel either toward the camera or at an angle. Cradle the bump or have mom glide her hands up and down her stomach for extra movement. Try looking at the camera, looking up, closing eyes, etc

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add the fam

adding the family makes maternity photos extra special. Snuggle mom, get detail photos of any siblings with mom and the bump, kisses from dad, there are countless options!



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thank you,
ENJOY!

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