

MATERNITY

BY CARO MONT PHOTOGRAPHY

+ YOUR MATERNITY
PHOTO SESSION:
**WHAT YOU NEED TO
KNOW**

+ WHAT TO WEAR

+ 5 THINGS YOU WILL
WANT TO BRING TO
YOUR SESSION

+ **PLUS MORE**



Welcome

Welcome to Your Photography Studio! We're honored you chose us for your maternity photos. This is such a special time in your life and we can't wait to help create photos that allow you to further to celebrate and look back on for many, many years. You've hired your photographer (yours truly!), and now comes the process of planning out what to wear. Getting dressed while expecting can present a whole different set of challenges, of course we don't have to tell you that. To make your maternity photo session enjoyable throughout, we want to give you some tips and tricks that will make outfit planning much smoother.



Maternity Sessions

What you need to know

Ideally, you want to schedule your maternity session anywhere between 7 and 9 months – this will give you the option to show off your bump. If you do plan to show your bump, let us know so we can help you with wardrobe suggestions.

Since we want you to be as comfortable as possible throughout your maternity session, movement is kept to a minimum, which means simple poses. We also aim to move through the shots as quickly as possible.

Restrooms are available at our studios, should you need to take a bathroom break. If you prefer an outdoor location though, we will find a spot with restrooms close by.

Following your session, we can assist with some retouching and editing if that is your preference – just let us know prior to your shoot. You can expect to receive your photos in X weeks. However, if retouching is required, this could be slightly longer.

Many of our clients also choose to schedule their newborn session after their shoot. This way, we can assist you with a personalized album that includes both your maternity and newborn photos. Newborn sessions should ideally be scheduled within two weeks of the baby's birth.



5

THINGS TO BRING TO YOUR MATERNITY SESSION

Your maternity session is scheduled, now it's time to prepare so you can enjoy the process! There are 5 things we recommend bringing to your maternity session to make it smooth and fun.

outfits

This may seem obvious, but you're going to need any and all outfits you plan on wearing during your photography session. Take into consideration whether or not you will be changing outfits at all and make sure you pack the entire outfit! Don't forget about any specific undergarments, shoes and accessories to complete the look.

water & snacks

To keep the photography session running smooth, we highly recommend packing some snacks and water to bring along with you. This way if you get hungry or thirsty throughout, you will be able to take a little break to regain some energy as needed.

make-up

Even if you're planning on getting your makeup done professionally for your photos, we encourage expecting mothers to bring makeup with them in case minimal touch ups are needed at all. No need to bring your entire makeup collection, just the products necessary for your makeup look that day.



props

If props are a part of your maternity photo shoot then you won't want to forget to bring them. We suggest packing any and all props the day before your session so that you don't have to worry about rushing around to find them the morning of.

your family

This only applies to you if your maternity photos are set to include any of your current family members. Make sure everyone is on board and has it in their schedule so there isn't any mix up that day.



WHAT
TO
WEAR

WEBSITES FOR FINDING THE PERFECT DRESS

<https://www.flutterdressshop.com/>

<https://www.instagram.com/styled.gowns/>

<https://dalliancebespoke.com/collections/all>

<https://www.etsy.com> Search: Maternity Gowns

<https://www.amazon.com> Search: Maternity Gowns

solids are best

Patterns and prints are fun to wear throughout your pregnancy, but they don't always work for photography because they tend to overwhelm. Instead, we suggest wearing solid colors for your maternity photo session. When choosing the color(s) to wear, this is where you can have fun. Just make sure the color is flattering with your personal coloring and works well with the location/background. It can be really fun to select colors based upon the season your photos are being taken in, to really portray the time of year.

choose form fitting pieces

We know it can be challenging (and tempting!) to wear oversized clothes while your body is changing throughout your pregnancy, but it's best to avoid them for your photography session. Why? Because it's easy to get lost and look overwhelmed by clothes that are very flowy on the body. Stick with clothes that fit closer to the body so your bump is the highlight!

define your bump

Your maternity photos are all about celebrating this extremely special time in your life. That's exactly why you will want to dress in a way that defines your bump. There are a few ways you can achieve this. First, wearing something that fits close to the bump. Second, add a belt right above the bump. This will bring a lot of focus to that area of your body.

what guys should wear

Avoid Matchy-Matchy – Choose Mom's outfit FIRST, to help with this. We recommend styling the guy's outfit to compliment so his' look doesn't overpower or distract at all. Focus more on styling the outfits to coordinate rather than be overly matchy. Simplicity is usually best!

DO'S AND DONT'S FOR YOUR MATERNITY SESSION

DO wear clothes you feel confident in

More than anything, you deserve to feel confident during your maternity photo session. Wear an outfit(s) that makes you feel incredible. That confidence will shine through the photos and make the day that much more enjoyable.

DO show off your belly

Maternity photos are all about the belly so make sure you show it off! This isn't the time to feel self-conscious or hide your belly, but rather to embrace it. Pregnancy only lasts for a short time, wearing clothes that show it off will be a great way to remember this time in your life.

DO test out your looks

Laying out outfits is one step in the planning process, but because this is a maternity session and your body is evolving throughout your pregnancy we recommend physically trying on the outfits ahead of time. Put the full looks together with makeup and hair so you have a really good idea of what you want to look like, and can make any changes you feel are needed.

DONT wait until the last minute to plan

There are a lot of moving parts when planning a maternity photoshoot. To enjoy it and eliminate a lot of stress, don't wait until the last minute to plan any of the details. This means pre-planning the location, some pose ideas with your photographer, makeup, outfits, etc. The more you plan the less stress you will have the day of your picture session.

DONT forget about your nails

It's likely your nails (at least finger nails!) will show in the pictures so make sure they look the way you want. If you plan on wearing any open toed shoes, or even being barefoot, you'll want to pay close attention to your toe nails as well.