

ABY RAFTER

PHOTOGRAPHY

Lifestyle Family Photography

WHAT TO EXPECT FOR
YOUR MATERNITY SESSION



WELCOME



Thank you so much for your enquiry and
congratulations on your pregnancy!
This guide will take you through what to expect for
your maternity session with me.

See you soon!



LET'S CONNECT



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The Process

1. You enquire and we book you in.
2. We prep and talk through your session, plan your outfits and make this personal to you.
3. Shoot day
4. After your shoot I get to work editing and perfecting your gallery
5. You receive your gallery and pick your favourites.
6. You download, love and share your finished images
7. Upgrades available if you would like more images and beautiful fine art prints





WHAT TO EXPECT

This should be a really relaxed way of capturing such a special and unique moment in your life, your changing body should be celebrated. Take the opportunity to give yourself a little pamper, do you hair, makeup, nails... whatever makes you feel nice.

I know that having our photos taken can be daunting and we can feel a little awkward. We will pop some music on and I'll help guide you into poses and make sure you're comfortable.

Your partner is very welcome to be in the photos with you. If you already have children they are also welcome. Please feel free to message and we can chat this through.



WHAT TO WEAR

Hiring a dress or two is a lovely way to get a really special look.

I always recommend checking out **Bump Drops**, a dress rental service perfect for maternity shoots.

Sam at Bump Drops is incredibly lovely and the process is so easy. You can hire through her website or message her on Instagram and if you mention that you're booked in for a photoshoot with me she is very kindly giving you 10% off the cost of hire.

<https://www.bumpdrops.co.uk/>

<https://www.instagram.com/bump.drops?igsh=MXFobWs3c2Q5dHB4ZA%3D%3D>

She has a stunning selection of dresses and two piece options too.

It's an affordable option that will make a massive difference to how you feel during your photoshoot and help you come away with gorgeous photos.

Stick to natural, neutral, earthy tones - think creams, taupes, dusty whites, and warm beiges.

These tones photograph beautifully and keep the focus on you and your bump.



I always recommend having at least 3 different outfit options, for example you could go for;

Outfit 1 ... Relaxed

An oversized white or denim shirt with open jeans. A relaxed, everyday look that still feels really special on camera and highlights your growing bump.

Outfit 2 ... A Layered Look

A long, open cardigan over a simple vest or bra. Beautifully flattering and great if you'd like some bump-baring shots.

Outfit 3 ... A Flowing Dress (or 2 or 3!)

A long maxi dress in ivory or cream that drapes over your bump.

Effortlessly elegant and so flattering for showing off your bump.

Having a few different outfits, or even just accessories to swap in, gives your gallery lovely variety.

Think about adding a simple necklace, swapping a belt, or bringing a cosy knit wrap.

A few things to keep in mind

Comfort is everything. If you're not comfortable, it'll show ... so wear things you feel relaxed and confident in.

If you'd like to show off your bump, think about the **bra** you'd like to wear.

A simple nude or white bra, a soft bralette, or going without all work beautifully.

If the dresses you choose are white, I'd recommend wearing nude or white underwear to keep things seamless underneath.

Not sure what to bring? Feel free to message me before your session and I'll happily help you decide. That's what I'm here for! And if you're bringing your partner and any older children we can also work out what they could wear too.

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I recommend you choose clothes in natural/neutral earthy colours.
It's great to have a few different outfits to change into, or accessories to add. This gives your gallery variety.

If you're happy to expose your bump for pictures, consider the bra you would like to wear.



Styles that work well;

- Long dresses that show off your bump nicely.
- Long cardigans flatter your bump.
- Oversized white shirts/denim shirts
- Open jeans

Make sure you are comfortable.

Feel free to message me if you want some help deciding!

THAT'S YOU ALL SET!

Any further questions don't hesitate
to contact me.

*Can't wait to meet you
and your family!*

