

MONUMENTAL ARTS & PHOTOGRAPHY

My Top Ten Secrets

FOR A SUCCESSFUL MATERNITY SESSION





About Maternity Sessions

I believe there is not a moment more magical than when one first becomes a mama. It is an honor to be a part of capturing this amazing process and documenting one of the most incredibly special times in your life!

My job in photographing your maternity goes far beyond just snapping a few shots with a camera; I strive to capture a unique moment in time and all the amazing emotions along with it. It's my greatest hope that the photos from your session will become a cherished family treasure.

I've put together this guide based on my 13 years of experience photographing mamas-to-be. I'm sharing some of my "tricks of the trade" to get those beautiful images everyone will love.

I tell my clients they should plan their maternity session between 30 and 35 weeks to get that beautiful baby belly while staying comfortable. Of course, as we get closer to session I will reach out with more reminders and tips. You are always welcome to contact me with questions!

MORE QUESTIONS? ASK ME ANYTHING AT MONUMENTALARTS@OUTLOOK.COM

1

KEEP IT SIMPLE WITH COLOR

Ladies, this is a big one! I highly recommend wearing whites, creams, and lighter solid colors so as not to distract from the bump. I can't tell you how many times I've seen black and really dark colors hide the bump on camera. Some lighter floral prints can add some romantic detail, but from experience I can truly say - the simpler, the better!

2

ACCENTUATE YOUR BUMP

Psst... just between us, there's a reason long, flowing maxi dresses are a staple in maternity photographs: they look absolutely wonderful on camera! Maxi dresses accentuate the bump while flattering your beautiful mama curves. Cozy sweaters and tighter dresses can look great too, depending on *what makes you most comfortable!*



3

EASY ON THE MAKEUP

I recommend my clients get professional hair and makeup done for their photographs, no matter what. You are capturing such a special moment in your life and it's so important to do everything possible to make your images look their best! However, for mamas-to-be, I don't recommend going too heavy on the makeup. We don't want to distract from your gorgeous baby bump and want to make you look like the beautiful, natural mama that you are!

4

TIGHT CLOTHES ARE OK!

If you're comfortable, sometimes tighter outfits will actually accentuate your beautiful mama-body and show off the bump to the max! I've had clients wear very form-fitting dresses during their maternity session and have to say that they really make your incredible curves shine on camera. If you have a few outfits in mind but aren't sure what to pick, just let me know and I'll be happy to help in this department!

5

BEAUTIFUL HANDS (& FEET)

I love to pose mamas with their hands on their bellies during a maternity session! It creates a sense of intimacy and emotion, and can really make for some stunning photos. As such, I highly encourage my mamas to get a mani, and possibly a pedi (depending on if you're planning to wear open-toed shoes or go barefoot). Paint your nails a soft pastel for a dreamy feel or brighter colors for some really fun contrast!

6

BRING SEVERAL OUTFITS

I tell my mamas to bring 2-3 outfits to the shoot. We may or may not have time for all of them, but it's great to have options as we move around and try different poses and backdrops. Make sure your outfits are pretty different so we have a lot of variety in your final photos!

7

MAMAS, ACCESSORIZE!

Don't be shy! Earrings, rings, scarves, beautiful wraps, knitted blankets, fun shoes, hats, and any other accessories you may have can make perfect accents in your images. Belts are a biggie too - they can really help to accentuate the bump. Bring along whatever you have and we'll play around to see what looks best on camera.



8

PROPS ARE AWESOME

Baby booties, a hand-painted sign with baby's name, something about the baby's gender, or ultrasound picture can add lots of personality to your maternity photos! Don't be shy to bring lots of items along and we can experiment with different props during your session.

9

BOOTS, SANDALS, AND SHOES, OH MY!

Ladies, when it comes to shoes, you're in luck! Just about any style of shoe - from boots to open-toed sandals, dress shoes to cute heels (but not too high!) can look lovely in maternity shoots. But want to know what else looks great? No shoes at all! That's right - barefoot maternity photos can be stunning and dreamy. We can try different ideas so bring several pairs!

10

LET'S TALK ABOUT DAD

Dads, listen up! If you're participating in this maternity shoot (which I highly encourage!) it's important to look the part. We're talking' nice dress shoes, nice jeans or slacks, and a polo or button up. You don't have to go all out, but looking nice goes a long way to making those photos turn out just right. Avoid crazy socks, watches, or anything else that might be distracting from the mama!

