

HOW TO GET THE MOST OUT OF YOUR

# maternity photoshoot

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## STICK TO NEUTRAL COLOURS

**Avoid logos, patterns and bright colours**

Bright colours can leave a colour cast on the skin, and deep, dark colours can hide the shape of your bump. For best results, I suggest dressing in simple, neutral colours such as white, grey, pastels, or light brown. This is only a guide, and it's most important that you love the photos, so of course you can decide!

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## CONSIDER YOUR HAIR AND MAKEUP

**Sometimes more is more!**

If you don't normally wear makeup or style your hair, please don't worry about this section.

If you do wear makeup, your photoshoot is a good time to try contouring, or a dramatic eye, as very subtle makeup will be hard to see in photos.

If you're styling your hair, avoid styles that you might have to stop and fix regularly.

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## SHOW OFF YOUR BUMP

**Don't hide it under baggy clothes**

A maternity shoot is a way to celebrate your body as is does an incredible job of making a baby.

The best way to achieve that is to show off your glorious bump!

A dress, a top and trousers, underwear: anything you feel good in will look great. Stick to clothes that are either designed for maternity, or that show off your belly in all its glory!

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## THINK ABOUT YOUR SHOES

**Important for outdoor shoots!**

If you have planned an in-home shoot, this one is easy. Shoes, bare feet, tights or socks will be fine.

Outdoors, please note we may have to walk across bumpy or muddy ground.

I advise wearing trainers/wellies first, and then changing into your nice shoes once we arrive at the right spot. Also consider whether your shoes match your outfit.



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## INCLUDING YOUR CHILDREN

A happy child is a photogenic child!

Try to time the photoshoot for when your children won't be hungry or tired. If you would like to bring your children (2 maximum) to the session, there must be 2 adults present at all times.

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## BRING DRINKS AND SNACKS

For adults and children

Please do feel free to bring a drink and snacks if you think you might need them.

Definitely bring snacks for any children who are attending - a treat can work wonders with a little one who would rather not have their photo taken!

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## INCLUDING YOUR PARTNER

Neutral colours are best for partners, too

If your partner would like to be in some photos, I recommend the same colour scheme: stick to neutral tones and avoid bright patterns or logos. Of course it's most important that everybody feels comfortable, so please remember my guide is just that: a guide. There is no "dress code" and it is your photoshoot after all! If you wear something that makes you feel great, the photos will look perfect.

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## CHECK OUT SOME MATERNITY POSES

Help me to help you!

On the day, I will help to guide you into the most flattering poses. Sometimes it means I will come over and touch your arm/move your hair out of the way etc.

If you would prefer not to be touched please let me know and I will give you verbal instructions only.

If you'd like to see what I will ask you to try on the day, check out some examples on my Instagram or my website from shoots I've done in the past.

## USEFUL INFORMATION

### Me!

I'll meet you at the agreed location or your house at the time of the photoshoot.

My contact number is:  
07 497 645 888

Here's my face so you know who I am! -->



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