

Preparing for your Maternity session

- **Timing** The ideal timing is 28 - 34 weeks. During this window, your baby bump is beautifully round and you'll likely still feel comfortable enough to pose & move freely.
- **Choose Outfits That Highlight Your Bump** Your outfit plays a huge role in your images. I recommend fitted dresses, lace gowns, or flowing fabrics that accentuate your bump without hiding it. Solid colors, soft textures, and timeless silhouettes always photograph beautifully as does a simple pair of open jeans paired with a bralette or oversized shirt.
- **Get Pampered and Perfect Your Look** For the most polished, magazine-ready images, I highly recommend investing in professional hair and makeup. Feel free to arrive at the studio with your hair and makeup done as part of your luxury experience.
- **Bring Something Meaningful** Personal touches can make your session even more special. Whether it's your first baby or your fifth, consider bringing a sonogram photo, baby shoes or onesie, a meaningful heirloom, your partner or older child for a few family shots.
- **Trust the Process (& Your Photographer)** It's completely normal to feel a little nervous in front of the camera. I'll guide you every step of the way: from posing to expressions to styling. I'll help you look and feel amazing with poses that flatter your body and highlight the connection you already have with your baby.



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Sometimes the smallest things
take up the most room in your heart