

# Clothing for Pregnancy Sessions

## Tips and ideas for choosing your photoshoot clothing

We have a range of pregnancy gowns and cover-ups available to you in our maternity wardrobe or you may choose to wear your own clothing. Whether you want full coverage or full nudes, there's sure to be a look that suits you.

Tell us about your dream images and we'll help you to make the perfect clothing choice.

Custom full length sessions include a pre-session consultation and have no limit on the number of clothing changes or different styles – although we recommend sticking to no more than 4 or 5.

Mini pregnancy sessions include one choice of clothing – either one item from our maternity wardrobe / an outfit of your own; one choice of fabric; or one set of lingerie / nude photos. We'll work with different lighting effects and poses to give you a good variety of images to choose from.

\* Please note that for hygiene and fitting reasons, we cannot provide lingerie for your photoshoot.

TIP | If your bump is going to be exposed for any of your photos, avoid wearing anything that's elasticated or tight around your tummy prior to your session. This will help us to prevent any clothing impressions left on your skin which could spoil your final photos.

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- *Our Maternity Wardrobe*

Take a little peek at the styles of clothing available from our maternity wardrobe. We're adding to our range all the time, so this is just a small selection of the individual outfits which will be on offer for your session.

### *Full coverage Gowns*

Add a touch of elegance to your session with our selection of full length, full coverage gowns.



### *Open fronted gowns*



Open fronted gowns allow your tummy to peek through. You decide on the drape to reveal or conceal as much or as little as you'd like.

Available in a selection of styles and colours.



## Sheer lace cover-ups



These lacy cover-ups give you just a little more coverage than lingerie alone.



## Fabric selection



We have a range of fabrics in various colours, lengths and weights which can be used in endless ways to achieve a look you'll love.



- Photos with your bump covered up



If you're looking for family friendly images that you'll be comfortable sharing with friends, you might want to opt for a full coverage dress or gown.

### From our maternity wardrobe

We have a selection of full coverage maternity gowns available for your use on the day. Our gowns are one size fits all and we will use posing to get the best drape for your shape and size. We recommend that you wear either a strapless bra or remain braless underneath these gowns as most of them will leave your shoulders exposed.



### Wearing your own clothing

If you'd prefer to bring your own clothing for a more personalised fit, try to choose something that will emphasise the shape of your bump. We advise against wearing anything chunky or bulky that disguises your pregnancy shape.

Either

a. choose something loose and floaty which we can drape to emphasise the shape of your tummy

or

b. opt for tight fitting, stretchy clothing to accentuate your pregnancy curves while keeping you fully covered.

When it comes to pregnancy sessions, we always recommend choosing dresses for photographs where your tummy will be covered. Separate tops and skirts / trousers tend to cut your body in half whereas dresses have the effect of elongating your torso. We also advise sticking to a single solid colour rather than wearing anything with a pattern.

- Photos with your bump exposed

If you'd like to have more of your tummy on display, there are a number of clothing options available to you depending on how much coverage you'd like.

### Open fronted gowns



gown from our maternity wardrobe



gown from our maternity wardrobe

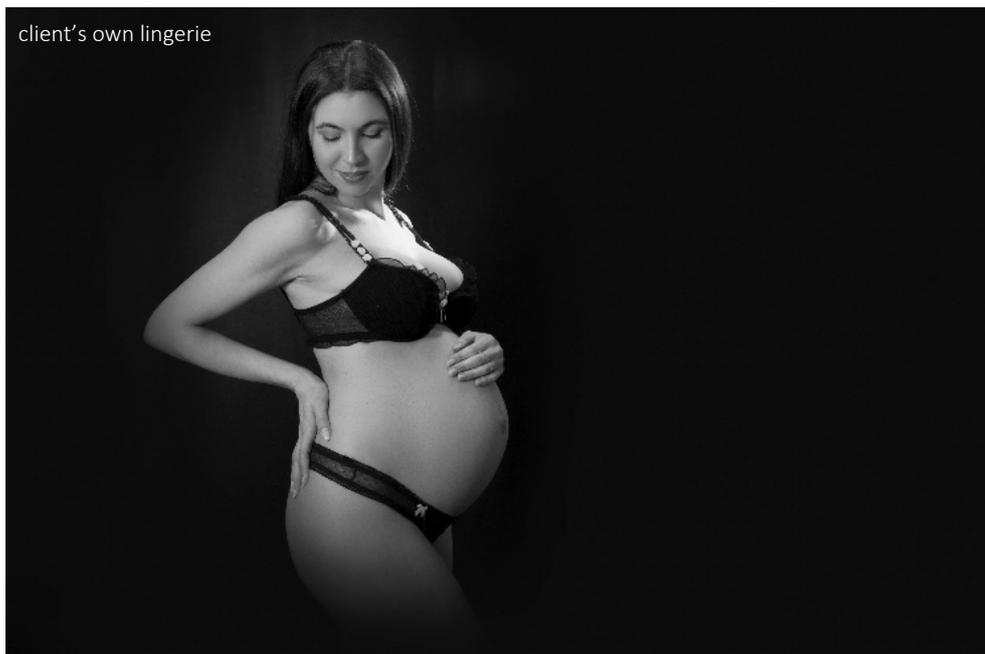
Our selection of open-fronted gowns gives you all the coverage of a full dress but features a split front to allow your tummy to peek out.

You choose how we drape the gown to show as much or as little tummy and/or leg as you'd like.

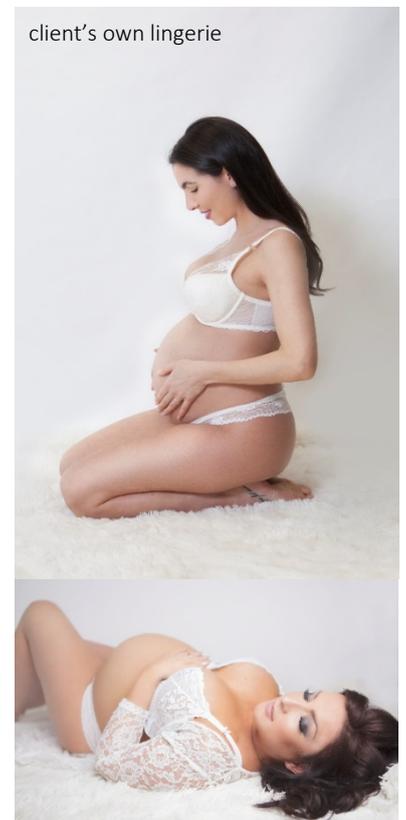
Wear these gowns with a colour coordinated set of underwear. A strapless bra or no-bra is recommended for gowns which leave your shoulders bare.

### Lingerie

Choose a pretty set of matching lingerie for a simple but sexy look which shows the maximum amount of your bump.



client's own lingerie



client's own lingerie

## Lingerie plus cover-ups

If lingerie alone will leave you feeling too exposed, there are a whole range of cover-up options to keep that same look and feel but provide you with a little more coverage.

Our maternity wardrobe includes black and white sheer lace cover-ups which will be available for you to use on the day.

You can also pair lingerie with your own oversized shirt, chunky cardigan or pashmina type shawl for a more casual look.



## Maximum cover

If you'd like to wear your own clothing and maintain maximum coverage while leaving your tummy exposed, there are plenty of clothing choices.

For your bottom half, pick clothes that sit low on the hips, below your bump – low rise jeans or long, flowing maxi skirts both work well.

For your top half, keep in mind that we want to be able to see your tummy. Crop tops and boob tubes will show the entirety of your bump. Loose shirts and cardigans give plenty of arm coverage but can be unbuttoned to expose your bump.



- Working with fabric



Ranging from sheer, floaty chiffon which can be draped to flow around you to heavier cotton fabric that you can hold in place as a wrap, all materials are provided for your use and are one of our favourite things to work with.

There are countless ways that fabrics can be used and you decide how much to conceal or to reveal.

Fabrics work best with the suggestion of nudity beneath the drapes, so we recommend either remaining bra-less or wearing a simple bandeau top to give you clean lines. A bandeau top can be provided for your use on the day if you don't have one.

Some of our fabrics are very sheer, so we advise plain black or plain white underwear depending on the colour fabric we plan to work with.

Note: To achieve either the stretched or floaty fabric effects, we require a second pair of hands on the day. Clients usually bring a partner or friend along as a helper, however, if you'd like us to hire a female assistant for your shoot, please discuss this with us so that we can provide a bespoke quote and timescale for your session.

- Working with silhouettes and back-lighting



Silhouettes and backlit photos can work with most clothing options and the shadows can be used to give you extra modesty for more revealing outfits.

However, to ensure that we have a nice clean outline of your profile, we advise against wearing anything heavy or baggy that conceals your shape.

Consider either keeping your tummy exposed or opting for something figure hugging that will show your pregnancy shape. Of course, our pregnancy wardrobe and fabrics are also available to use and we'll advise you on what will work best in silhouette.

If your partner is joining for silhouetted photographs, the same rules apply to them too. Fitted tops or no top at all will give the best effect for a clean, smooth outline. We advise against shirts or other loose tops.

- Nudes / Topless



If you'd like to incorporate some nude shots into your session, there are a lots of different poses that we can use in order to emphasise your bump while making sure that you're not fully exposed in the final photograph.

We'll always try to make you comfortable in these shots and no photos will be taken until you're discretely posed without anything on display. It's also a good idea to bring your own robe for these photographs in case you want to cover up between shots while we get the next one set up

. \* Please note that we do NOT shoot nude couples, full frontal nudity or images which are graphically sexual in nature.

- Close Ups



Close ups of your bump are a staple of every pregnancy photoshoot and if there's time at the end we often add a couple onto a mini session as a little bonus too.

If we're already including images with your bump exposed, there's no need to think about additional clothing.



However, if you're sticking with full coverage shots, bring a change of clothing that can be rolled up and/or down to reveal your tummy.



- With your partner

For photos that feature both you and your partner, try to select clothing for each of you that's complementary in terms of style and colour.

Make sure that you give some thought to the seasonality of what you both wear and the amount skin you'll both have exposed.



If you choose to wear lingerie, a crop top or draped fabric that reveals your bump, then consider asking your partner to pose without a top.

If you choose to wear a full coverage light-weight dress, think about matching colours with your partner and go for something equally light and summery.



When in doubt, a tight-fitting tshirt in plain black or plain white is always a safe option and will work well alongside virtually all styles of pregnancy clothing.

- With Kids



We like to keep things simple for shots including older siblings and while other options are available, our preferred set is on plain white. This gives a lovely fresh and airy feel to your images.

We recommend dressing children in white and choosing white clothing for yourself either from our maternity wardrobe or your own underwear / wardrobe at home.

- Outdoors

If you'd like to take your pregnancy photoshoot outdoors, the same principles apply to clothing choices. However, due to the difficulty of outdoor clothing changes, we cannot make our maternity wardrobe available to you and must ask that you arrive already dressed in clothing of your own choice.



- *Colour Choices*

There are no hard and fast rules when it comes to what colours to wear, however, it's usually best not to choose anything too busy or heavily patterned and to completely avoid clothing featuring large logos or text. Wherever possible stick with blocks of plain colour instead.

For photographs shot against a black background, dark coloured or black clothing tends to work best while for white backgrounds choose light colours or white.

- *Image editing / Re-touching*

As standard, all pregnancy images will be re-touched to even out skin tones and smooth any imperfections.

If you'd like more work done to remove stretch marks, scars or tattoos or to include some more intensive skin smoothing, please just ask and that can be included at no extra cost.