



Clothing Tips for Pregnancy Photoshoots

What you wear for your photoshoot is completely up to you and depends on the style and type of photos that we've decided on. However, there are a few tips below that will help to get the best out of your images.

The most important consideration for pregnancy shots is that if your bump is going to be exposed, make sure not to wear anything that's elasticated or tight around your tummy prior to your session. This will help us to avoid any clothing impressions left on your skin which could spoil your final photos.

❖ Photos with your bump exposed



For photos with your bump openly on display there are a number of clothing options available to us and depending on what you choose there are a few posing and lighting tricks that we'll use to enhance your pregnancy shape.

If you're feel confident with your pregnancy figure, matching underwear sets with a pretty bra and pants will show the maximum amount of your bump - just try to pick underwear that sits low on your hips below your bump rather than coming up over your tummy.

If you'd prefer to be a little more covered up, there are also lots of options that will leave your bump on display while providing you with coverage elsewhere.

For your bottom half, the only rule to remember is to choose something that sits low on your hips below your bump so that we can see your tummy – low rise jeans, long maxi skirts, leggings or anything else that you're comfortable wearing will work well.

Similarly, for your top half, just 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, while loose shirts, cardigans etc will give you maximum coverage elsewhere and can be unbuttoned at the front to expose your tummy.

Try to choose combinations of colours and styles that work well together and don't be afraid to mix up any of the suggestions above to create a look that you're comfortable with. For example, low-rise jeans could be paired with a lacy bra or a matching underwear set could be covered up with a loose, flowing shirt.



* Boob tubes in plain black and white can be provided for your use during the session on request.

❖ Photos with your bump covered up



If you'd like some more modest images with your tummy covered up, the key thing to be aware of is showing the shape of your bump beneath your clothing.

Try to avoid wearing anything chunky or bulky that's going to disguise your pregnancy shape.

Instead opt for long, floaty tops or maxi dresses* which we can arrange in such a way to emphasise the shape of your tummy.

Alternatively choose tight fitting or stretchy clothing which accentuates your pregnancy curves but still keeps you fully covered.



* A suitable maxi dress can be provided for your use during the session on request.

❖ Close ups of your tummy



For close ups of your bump, the same basic rules apply as for full length photos with your bump exposed.

Clothing for your bottom half :

Try to wear something that sits low on your hips, so that we can see your bump properly without having to roll clothing down out of the way.

Clothing for your top half :

Again, we want to be able to see your bump, so short cropped tops work well or something with buttons up the front so that you can undo the bottom buttons and let your bump show through.

❖ Using draped fabric



The use of fabrics can add a touch of elegance and an arty feel to your pregnancy photos. Ranging from sheer, floaty chiffon which can be draped to flow around you to heavier cotton fabric which you can hold in place as a wrap, all materials are provided ready for your use.

Fabrics work best if there's a suggestion of nudity below the drapes, although with very light fabrics there may be a need for some cover up beneath.

Try to wear a plain strapless bra or boob tube without any pattern on it for these shots so that it won't show through the fabric. Combined with plain matching underwear, this will give you the coverage required while being unnoticeable in the final photos. The majority of the fabrics that I use are white/cream so require light coloured underwear.



* Boob tubes can be provided for this purpose during your session.

❖ Nudes / Topless Pregnancy shots

If you'd like to incorporate some nude shots into your session, we'll always shoot these first before you change into any clothing which may leave impressions behind on your skin.

There are a couple of different poses that we can use during your session in order to emphasise your bump while making sure that you're not fully exposed in the final photograph. Any of the clothing suggestions for your bottom half can also be combined with a tastefully arranged topless pose.

I'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 keep a robe to hand for these photographs in case you want to cover up between shots while I get the next one set up.

* Please note that I don't shoot full nude couples, full frontal nudity or images which are graphically sexual in nature.

❖ Silhouettes



To create an effective silhouette image, we need to ensure that we have a nice clean outline of your profile, so avoid wearing anything baggy or loose.

Anything tight fitting and smooth – whether that's a figure hugging dress or leggings and a boob tube or tight top – will be a good choice for these shots.

The same rules apply for your partner too. Fitted tops or no top at all will give the best effect for a clean, smooth outline.

❖ Photos 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. You don't necessarily need to match, but avoid obvious clashes like choosing jeans for yourself while your partner wears a formal suit!

If there's a particular accent colour in the outfit that you're wearing it adds a nice touch to the final photograph if your partner's clothing also contains the same colour – whether that's a splash of red or blue in whatever you both wear or something more simple like both of you choosing to wear a black top.

As well as considering colours and how casually or formally you both dress, give some thought to the seasonality of what you wear and the amount of exposed skin. Try to be consistent in both wearing either long sleeves or short sleeves. If you choose a boob tube, bra or crop top for yourself, then consider asking your partner to pose without a top etc.

❖ Colours

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 avoid clothing which features a large logo or text. 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. There are exceptions to every rule though, and sometimes a strong contrast can give more impact, depending on the look that we want to achieve.

❖ 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.



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PHOTOGRAPHY