



## PREPARATION FOR YOUR MATERNITY PHOTO SHOOT

Keeping your attire simple allows for the focus to stay on you and your belly and not draw the eye to patterns and colors in fabrics. Your wardrobe should be free of logos, pictures and writing. For black & white photos – black, white and mid-toned pastels photograph beautifully. Tone on tone patterns appear interesting without being distracting.

Beware of wearing items that constrict your skin leaving behind marks. E.g. socks, waistbands.

### BLOUSE/SHIRTS

A buttoned down blouse/shirt (soft, flowing, drapery fabrics/linen/cotton-one of your own or one of his works well too.) This can have an interesting sleeve or tone on tone pattern/stitching/ruffles, or a long sweater that can be fastened above your belly. Fitted and cropped blouses are great for showing off your belly too.

A tank top or T-shirt that is tight fitting for covering your top and exposing your belly (too loose and your belly will no longer be the focus.)

### PANTS/SKIRTS

Jeans, slacks, drawstring pants, soft skirts. Linen and other fabrics that drape look feminine and soft.

Wraps are GREAT! Wraps that drape and can work as long skirts or can be used to cover parts of you, if modesty is preferred, can be very pretty.

I have various fabrics in the studio to chose from as well.

Your pants/jeans/skirts should not have maternity panels – they do no photograph well. Instead, wear regular pants that can pull down under your belly. Button fly jeans work very well.

### FOR HIM

Try to coordinate with each other. Drawstring drapery pants, linens and soft fabrics look good on him too. Avoid the work shirt.

## CHILDREN

They *should* coordinate with you as well and have simple attire. Make sure their eyes, nose, finger and toenails are clean and groomed. Lotion and lip balm will help with close-ups.

## BABIES

A baby's skin photographs beautifully. I recommend that your baby/toddler wear a diaper cover (I always have various on hand.) or cloth diaper and be barefoot. Make sure their eyes, nose, finger and toenails are clean and groomed. Lotion and lip balm will help with close-ups.

Everyone should be barefoot.

You should have at least one change of clothes or *two* so that if we find something is not working...we can change it on the spot and it also gives you different "looks" to choose from later.

## HAIR & MAKE UP

Make -up - should be classic and clean. **Finger and toenails groomed.**

Lotion and lip balm will help with close-ups.

Hair the same --loose is best...we can pick it up to suit a shot at that time. If you like, bring hats for outdoor shots.

**Recommendations for a professional make-up artist can be made and is advised.**

I highly recommend drinking lots of extra water for the prior two days...it will make your skin look particularly beautiful!

Leave the rest to me!

