



HAT CREEK PHOTOGRAPHY

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MATERNITY SESSION RECOMMENDATIONS

1.) Make sure to eat before the session. Like anyone, especially moms-to-be, if you're hungry you won't be thinking about the shoot.

2.) Just in case you ignored #1, Bring snacks!

3.) Try your best to be rested and relaxed for the session. We know that it is tough, especially late in your pregnancy, to get a full night sleep but even a catnap can make a huge difference.

4.) Prepare yourself (hair and makeup) as though you were going out for the day - i.e. relaxed and natural. Keep in mind that bad make-up is worse than no makeup!

5.) A manicure can really help those close up shots! Especially for shots with hands on the belly.

6.) Be sure not to wear elastic or tight fitting clothes over any area that will show during the shoot - THE BELLY. Every mom-to-be is different but clothing marks can last for several hours.

7.) The more clothes the better!! Wardrobe is essential to a well rounded, beautiful maternity session! It is always better to have too many choices, than to have too few.

8.) Choose clothes that show off your pregnancy, rather than minimize it!

9.) For tops, casual items that draw attention are simple T's, tank tops, and crop tops.

- A sports bra, bikini top or even a flattering bra are excellent at showing off as much of the belly as possible.
- Even a Belly Band will do wonders!
- Solid colors work very well, with patterns especially graceful ones, can often give a sense of shape.
- Don't be shy! Steal one of your husband's button down shirts for the shoot.
- Logos are generally distracting.

10.) For bottoms, pre-pregnancy jeans work best. Yoga pants work great also.

11.) If you have unique clothing items that reflect your personality, hobbies or have sentimental meaning, don't be afraid to bring them! Some of the best images come when taking chances!

12.) A list of props you may choose to bring:

- Ultrasound photos
- Baby shoes
- Baby socks
- Onesies
- Alphabet blocks (we will provide with prior notice)
- Belly paint (we will provide with prior notice)
- Blue or pink ribbons
- Bubble gum
- Balloons
- ANYTHING that is significant to you and your loved ones.

If you have any questions or concerns please feel free to contact Chris Simons by e-mail at ctsimons@gmail.com or by phone (512) 560-4909.