

# Michael Fotheringham Portraits

[www.michaelfotheringhamportraits.com](http://www.michaelfotheringhamportraits.com)

[Michael@michaelfotheringhamportraits.com](mailto:Michael@michaelfotheringhamportraits.com)

0402 413 842

## Preparing for your maternity portraits

The following suggestions are not strict rules, but rather ideas to consider for your portraits.

### Maternity Portraits

If some of your portraits will include the baby's siblings, make arrangements for someone to look after the children after their portraits with you are taken. That way, you will have the remainder of your session to do individual or couple portraits without distraction.

Maternity sessions are all about capturing your beauty during your pregnancy, and the miracle of the baby growing inside you. It's critical that you are relaxed and comfortable during your session. So make this day about you. Be sure to schedule yourself a very light day. Eliminate distractions, and pamper yourself. Manicures and pedicures, whether done professionally or at home, will not only help you get a little of that pampering, but they will also be important because proper grooming will be necessary for the portraits. Hands and feet do show up in some of the images.

A few hours prior to your session, please remove anything that may cause lines on your body such as socks, maternity pants, jewellery, undergarments, and belly supports. Wearing a loose-fitting nightgown or robe prior to the session is best. And because most pregnancy sessions do include some nudity, the robe will come in handy.

I usually recommend some clothing basics for your session: yoga pants, tank tops, and jeans. Jeans with panels are not recommended, but jeans that sit below the belly, and even jeans from before your pregnancy will work even if they can't be zipped up. As long as they can fit up over the hips, they'll work. Clothing that bares the belly work well, such as shrugs that we can tie above the belly. I also recommend that if you have a maternity outfit you really love, have that prepared too. It might be great for your portraits. Also we will bring some cloth that we will use to cover you or wrap you.

Bring along any particular clothing you want to be photographed in — and bring additional clothing, as well.

### What to bring:

- Wardrobe choices
- A brush or comb
- Any significant possessions that might help tell a personal or family story.

Consider your hairstyling and cosmetics needs. Women, and sometimes even men, can enhance their portrait with the proper application of makeup, but don't use too much and only where it is deemed necessary.