

A romantic photograph of a couple embracing outdoors at sunset. The woman is in the foreground, her pregnant belly visible, wearing a dark top and dark pants. The man is behind her, wearing a light blue button-down shirt and jeans. They are standing near a wooden railing, possibly on a pier or balcony, with a body of water and a bright sunset in the background. The overall mood is warm and intimate.

# 8 TIPS ON HOW TO LOOK AMAZING IN YOUR MATERNITY PHOTOS

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DOCUMENTING YOUR LEGACY

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A pregnant woman with long blonde hair is smiling and standing in a greenhouse. She is wearing a blue dress with a floral pattern and is gently holding her belly. The greenhouse is filled with lush green plants and vibrant purple flowers. The background shows the glass and metal structure of the greenhouse, with sunlight filtering through the panes.

# 01

## POSING IS KEY

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AS YOU GET TOWARDS THE END OF YOUR PREGNANCY, IT CAN BE CHALLENGING TO FEEL COMFORTABLE. THANKFULLY, THERE ARE FLATTERING POSES, LIKE THIS ONE, TO HELP HIGHLIGHT YOUR ASSETS AND SHOWCASE THAT BELLY.





# 02

## FOCUS ON YOUR BELLY

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USING YOUR HANDS TO CRADLE YOUR BELLY AND THEN FOCUSING THE PICTURE DIRECTLY ON YOUR BELLY, YOU THEN HIGHLIGHT WHAT THESE PICTURES ARE ALL ABOUT.



**"THERE IS ONE THING THE  
PHOTOGRAPH MUST CONTAIN,  
THE HUMANITY OF THE  
MOMENT."**

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A pregnant woman in a striped shirt and jeans stands next to a man in a light blue shirt and jeans. They are in a lush green forest with a large, fluffy dog sitting in front of them. The scene is bathed in soft, golden light from the trees above.

# 03

## TAKE A STEP BACK

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BEING A LIFESTYLE PHOTOGRAPHER, I OFTEN TRY TO GET A LOT OF THE ENVIRONMENT IN THE SHOT. STEPPING BACK TELLS MORE OF THE STORY AND TAKES THE PRESSURE OFF OF EVERYONE.




# 04

## USE PROPS

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INCORPORATING PROPS INTO YOUR PHOTOS IS A FUN WAY TO HELP TELL YOUR STORY. USING ITEMS LIKE ULTRASOUNDS, ONESIES, BOOTIES, STUFFED ANIMALS OR LETTERBOARDS ARE JUST A FEW IDEAS OF PROPS TO INCORPORATE.



A pregnant woman is shown from the waist down, wearing a vibrant red, long-sleeved, form-fitting dress with a small bow at the waist. She is holding her pregnant belly with both hands, her fingers interlaced. She is wearing several bracelets on her wrists: a silver metal watch on her left, a black cord on her right, and a thin silver chain on her left. The background is a soft-focus outdoor scene with warm, golden light, suggesting a sunset or sunrise. The overall mood is tender and hopeful.

**"MAY YOU ALWAYS KNOW, LITTLE  
ONE THAT YOU WERE WISHED FOR,  
LONGED FOR PRAYED FOR, AND  
WILL BE FOREVER LOVED."**

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A man and a woman are sitting on a light-colored sofa, embracing each other. The man is wearing a white t-shirt and the woman is wearing a black top. They are both smiling and looking at each other. The background shows a window with white frames and a warm, indoor lighting.

# 05

## HOLD ONTO SOMEONE YOU LOVE

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FIGURING OUT WHAT TO DO WITH YOUR HANDS IS A COMMON CONCERN. HOLDING ONTO A LOVED ONE IS A GOOD WAY TO PUT THOSE HANDS TO USE AND GET THAT QUALITY TIME IN BEFORE LIFE IS TURNED UPSIDE DOWN WITH THE BABY.





# 06

## KEEP MOVING

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INCORPORATING MOVEMENT IS PARTICULARLY HELPFUL WHEN SIBLINGS ARE INCLUDED IN MATERNITY PHOTOS. THIS IS A FUN WAY TO INCITE GIGGLES AND GET GENUINE SMILES PLUS TAKE THE FOCUS OFF OF YOUR OWN WORRIES.





"THE FUNNY THING ABOUT  
PREGNANCY IS THAT YOU ARE NOT  
JUST CREATING A CHILD, YOU ARE  
CREATING A MOTHER."

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# 07

## DRESS TO IMPRESS

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FINDING CLOTHES THAT MAKE YOU FEEL GOOD WHEN PREGNANT CAN FEEL LIKE A CHALLENGE BUT IT IS REALLY INTEGRAL WHEN HELPING TO LOOK AMAZING. MANY OF MY MOMS WEAR OUTFITS THAT BOTH HIGHLIGHT THEIR BELLY BUT FLATTER ANY AREAS OF CONCERN.



A romantic couple is shown in profile, facing each other and nearly kissing. The woman has long dark hair and is wearing a red dress. The man has short dark hair, wears glasses, and is dressed in a blue blazer over a light blue shirt. They are standing outdoors near a body of water, with a soft, golden light from the setting or rising sun creating a warm glow and lens flare effects. The background is slightly blurred, showing distant hills and a calm water surface.

# 08

## FOLLOW THE LIGHT

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LIGHTING CAN MAKE OR BREAK A PHOTO. HAVING YOUR PICTURES TAKEN DURING OPTIMAL LIGHTING CONDITIONS CAN MAKE A DRAMATIC IMPROVEMENT TO YOUR PHOTOS. TWO HOURS BEFORE SUNSET IS AN IDEAL TIME TO CAPTURE THAT BEAUTIFUL AND FLATTERING LIGHTING.





## THANK YOU FOR READING!

AS A MOM OF TWO MYSELF, I UNDERSTAND THE JOYS AND PAINS THAT COME WITH BEING PREGNANT. PLEASE REMEMBER HOW INCREDIBLY SPECIAL IT IS THAT YOU ARE CREATING LIFE. YOUR WORLD WILL SOON BE FOREVER CHANGED IN THE ABSOLUTE BEST WAY. CELEBRATING THIS MOMENTOUS LIFE EVENT WITH PHOTOGRAPHS IS SUCH A WONDERFUL PRESENT TO GIVE YOUR FUTURE CHILD.



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