



Why have pregnancy pictures taken at all? I feel like a baby whale!

Pregnancy is a beautiful, magical time.... why wouldn't you celebrate it? Tasteful and flattering, a professional pregnancy portrait will help you remember the beauty of your

pregnancy, and is a wonderful keepsake - not only for you, the expectant parents, but also for your child.

"Looking at my pregnancy portraits I felt like I was seeing me from someone else's eyes for a moment. From the outside, without my aches and worries and fears and lumbering clumsiness, I could finally see the beauty in me. It just made me feel feminine. They changed my whole perspective." (Diana)

When's the best time for Pregnancy Portraits?

We usually recommend between 36-38wks. At this point your bump is at its most beautiful, and you are at your 'most pregnant'!

Will I feel comfortable with you?

Apart from the many bumps I have photographed over the years, my wife and I have 4 young children. I am well used to looking after pregnant ladies (I am content discussing the merits of cloth vs. disposable, or the benefits of a 3 wheeler!), and will do my utmost to make you feel happy and secure with me and the camera.

Can I bring my partner?

Absolutely! He doesn't have to join in, but it's always nice to include you both. If he can't make it (or it's a surprise for him), then we do suggest you bring someone with you – Mum, sister or friend are always good choices. And of course any other children are more than welcome to join in – though you may find them a distraction if you're looking for some personal quiet images of yourself. It all depends what you are looking for from your pictures.

How do I book?

Give us a call! We'll have a chat about what you're looking for, I'll answer any further questions you may have, and we can arrange a suitable time.

How do I confirm a booking?

A 50% deposit is required to hold the booking, the remainder payable at the time of the shoot.

I don't live in Dorset – will you travel to me?

Of course – although there will be a travel fee involved for out of area work. We do have a complete mobile studio.

Can you help if I'd like to travel to you?

We often arrange 'Pregnant Pause' packages for those clients who live further afield. We can arrange accommodation in a highly recommended local hotel or B&B for you, perhaps some pampering treatments at the local specially-trained beauty salon, recommend some incredibly beautiful places to visit, of course we can collect you from the train station if you don't want to drive – and we'll fit your portrait shoot in at a time best for you during your stay. Many first time Parents find this a wonderful 'last break' to enjoy some time alone together before the baby arrives.

Can I change clothes during the shoot?

Of course. We have full changing facilities, and also a variety of designer maternity clothes you may like to try, along with your own outfits. However more often than not you will end up draping and wrapping yourself in various fabrics!

I'm not very confident - Do I need to be naked?

No! We do whatever you are comfortable with. Many women find that a plain shirt unbuttoned at the front allows them to feel covered, and yet reveal their bump for the pictures. Others wear a soft dress which drapes around their figure. Or perhaps being naked underneath some fine gauzy material which looks wonderful with certain lighting. If you look through the gallery you'll see women fully clothed, draped in material, totally naked... we just relax, enjoy the session, and you do what feels natural to you.

Tips for a successful pregnancy photo session:

1. Schedule your photo session on a day that you will be relaxed and well rested.
2. Eat a light snack before the shoot – there will be plenty of refreshments available during the session.
3. Clothing should be solid colour, without too much writing or branding. If in doubt, just bring it. Classic pure black or white are always excellent choices – many of my Mums go for a simple white shirt or a cropped sports vest. If you are uncomfortable being photographed in your underwear, then clothing which buttons up the front allows easy access to your bump, whilst allowing you to feel more covered.

Plain and simple clothing applies to your partner as well – obviously the important thing is that you both feel comfortable.

We keep a range of IsabellaOliver and Crave maternity wear in the studio for you to try, along with a selection of gorgeous fabrics to wrap yourself in.

4. Make-up and jewellery are fine, though lots of jewellery can be distracting. But if in doubt just bring it and we can decide when we are shooting.

5. Please don't wear anything with elastic such as underwear or a bra on the day of the shoot if you intend to have a nude/topless shot, so that no strap marks will appear on the photographs. No matter what, PLEASE especially avoid anything leaving marks across your bump!

6. Allow yourself to concentrate on the photo session by not scheduling too many appointments on the same day as your shoot.

7. Please bring along any clothing, props or drapery that you would like to try to use in the photographs.

8. If you would like a little pampering, I can arrange for a beautician/stylist to be present – please arrange this with me in advance, and I can give you the pricing.

When it comes to New Babies...

The most intriguing part of photographing babies is that no two sessions are alike; you really never know what to expect! A baby can be grumpy one minute and gurgling the next. So, don't worry, I'm prepared to do whatever "entertaining" is necessary to help your baby get settled. In fact, I do a pretty good job of making a fool of myself because very often that's what it takes to make a great portrait.

First and foremost, very young babies look best simply as nature intended – nothing beats the simple beauty of smooth baby skin. And don't worry; we're prepared for all accidents!

If you prefer to have a nappy on, then we have some beautiful soft white cloth nappies which we provide, so that your baby's portrait isn't ruined by the harsh lines and colours of today's disposables.

Please do keep in mind your babies routine, and schedule a shoot sensibly around feeds and naps where possible. A tired and hungry baby won't help make the most relaxed pictures!

More questions? Please call Courtenay on 01258 473671.