

Sweetness & Light

Maternity Session Prep

Pregnancy sessions are incredibly magical sessions. Carrying the life of a child is a wonderful gift, and regardless of whether it's your first, second or third pregnancy- each one is special enough to be captured. While we know that pregnancy sessions aren't for everyone - to those that do choose to capture this time, we welcome you.

We suggest that you come in when you have a nice round belly. This can be anywhere from 30-36 weeks, depending upon each individual. Everyone carries differently, and while most women feel "huge" they generally are not, when being photographed. Therefore, we suggest that you take a good look at your growing belly from a profile view. Is it nice and round? If not, that's ok too! Many women come with "flat" bellies as the baby nestles in their back! Just make sure you don't wait too long to come in! Babies have been known to make untimely entrances to the world. We want to capture the woman while they are still comfortable, or semi-comfortable before those last few weeks!

We love to guide her clothing in a way that will flatter her ever growing belly. We carry plenty of fabrics in various colors and textures, perfect for wrapping the expectant figure. We welcome you to bring any clothing suggested below that might enhance your sessions.

Some items to bring are:

- Tank tops with built in bras.
- Lingerie of any kind - lacy panties and boy shorts are great, as well as soft flowing fabrics that will show the belly.
- Skirts that go below the belly are also great, as well as button down shirts that we can open to expose the belly.
- Jeans that go below the belly - or we can tuck the maternity band in.
- Jewelry is also a great accessory.

Other fun items to bring:

- Any ultrasound photos.
- Some items from the nursery - such as baby booties, journals, stuffed bears, etc.

For husbands and children, we recommend solid color clothing. Whatever is comfortable - for men that may be jeans, or slacks of any color. For younger boys, they should be matching the Father. It is best to bring light and dark shirts so that if Mom is being wrapped in various colors, we can change accordingly. We love barefoot little children, so shoes are not necessary. Parents are welcome to be barefoot as well. For little girls, we love to wrap them like Mommy. Whatever you choose to bring, keep it solid and simple - and above all avoid busy prints and logos. (Patterned clothing is a personal choice. If you want to bring them you are welcome to.)

It is best to wear nude undergarments if at all possible. Strapless bras are very helpful when being wrapped - even if the bra is too small, it will still give you support. If you are planning on showing your belly, please do not wear any elastic over your belly a few hours prior to the session.

Lastly, discretion is always a top priority. Tasteful nudity is always available and Sandra is alone when photographing a pregnant woman or couple.

Above all, relax. This is a wonderful time and we look forward to seeing you.