

PREPARING FOR YOUR OUTDOOR

Maternity Session

TIMING IS KEY

Booking maternity sessions within the 'golden hour' – one hour before sunset or one hour after sunrise – allows us to shoot in a beautiful, even golden light. This gives your images a perfectly lit, glowing feel and we might even catch some sun flares if we're lucky!

If a 'golden hour' shoot isn't an option, location choice becomes even more key as we'll need plenty of open shade.

PICK A LOCATION

There are few restrictions on location choice when shooting at 'golden hour' as the light is generally even and flattering. Beautiful images can be achieved in a wide variety of locations, from open fields and sea views to peaceful woodland clearings.

When shooting at other times of day, choosing an area with open shade helps to avoid harsh sunlight, patchy lighting and unflattering shadows. Woodland with dense tree cover or areas shaded by a building can work well outside of 'golden hour'.

CHOOSE YOUR OUTFIT

Think about the style you are hoping to achieve, from comfy and casual through to flowing or fitted maternity dresses. For outdoor sessions it works well to stick to one outfit with optional layering to avoid having to change! Layering a maxi dress with an oversized jumper or cardigan gives two different looks with minimal effort. You could even accessorize with a wide-brim hat or flower crown!

Not sure what to choose? Feel free to take some photos of your options and send them over, I'm happy to advise!

