

FAMILY MOMENTS

Pregnancy Photoshoot Guide

Everything you need to know for a successful photo session



WELCOME

Hello, my name is Daria.

I am the founder and chief photographer at Family Moments. I have been a professional photographer for about 12 years. My specialization is photography of pregnancy, motherhood and female beauty. I like to photograph and show how a woman transforms and blossoms during pregnancy, becoming a mother, and this is a new role and a new reincarnation.



Photography is my passion, it's what makes my heart beat faster. And it is very important for me that the upcoming photo session becomes a happy event for you, that you keep these photos of a special moment in your life with love, and that every time you look at them, butterflies flutter in your tummy again;))

To do this, I created this wonderful Guide for you, in which I will answer the most frequently asked questions and give tips that will help you prepare well for a photo shoot.

Daria Chipenka

PHOTOGRAPHER MAKEUP ARTIST STYLIST



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VISION & MISSION

I work in the format of fashionable minimalism and elegance. My photo is a modern, sensual and laconic photo about you, your love, feelings and condition.



Each woman can follow the fashion, while remaining an individual personality.

I focus on the beauty of the female body, but without a hint of vulgarity. My mission is to show that any woman, especially during pregnancy, is beautiful and irresistible!!! Goddess !!! And this does not require princess dresses and other tinsel, which only diverts attention from you..





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SELECTING A PACKAGE OF SERVICES



The choice of a package of services is what we start with.

Each package includes the opportunity to take photos with the younger children and with the husband. if you already have children and want to take a picture with them, then it will be the best solution for you to choose the "Standard" package.

But first of all, we choose / discuss and agree on the looks that you want to implement.

1 look is one choice of clothes and one scheme of light, if you want to take photos in the same dress on different backgrounds or with different lights, then this is already considered as two looks.

But if we manage to do everything planned faster than planned, then we can use the remaining time to create photos on a different background or with a different light.

Let's look at this using the example of the "Standard" package. It includes 6 looks, which means you can choose 6 outfits from my wardrobe, for example 3 dresses, 1 fabric and 2 bodysuits, or 2 dresses, fabric, one bodysuit, a completely naked look and one faux flower look in jeans.

See next page for examples.

Why do we choose looks in advance, and not on the day of the photo shoot?

Because some looks need retraining. For example, some dresses and fabrics require a set of beige lingerie without lace, which you bring with you. If you want the look in jeans, you must bring them too, and black underwear will be required for some silhouette photos. Some dresses and looks will require high heels, for most dresses I don't use shoes.

I also always ask my models to send me some photos as an example of what exactly you want to do, it can be the poses you like or the light, etc.

If this concerns some other lighting schemes and you send me examples of photographs of other photographers, then we can discuss the possibility or impossibility of making such a photo.

And when we have previously agreed on all the images, now you can choose clothes for your husband and children based on this.

Husband and children also need shoes.



PACKAGE "MINIMALISM" 2 LOOKS

FIRST LOOK

In jeans and
t-shirts with
youngest
daughter

1



2



SECOND LOOK

With fabric on
a white
background,
in different
poses

2



SECOND LOOK

Before we
started
working with
the fabric, we
took a few
photos with
husband



1

FIRST LOOK

We take
different
photos with the
youngest child
in different
poses.

SECOND LOOK

LDifferent poses, different
options with fabric, different
options with the same light.

2



PACKAGE "MINIMALISM" 2 LOOKS

FIRST LOOK

An look with a flying fabric.



SECOND LOOK

Single portraits, different poses.

1

FIRST LOOK

Various options and poses.



SECOND LOOK

Photos with husband.

SECOND LOOK

Various poses.

2



PACKAGE "STANDARD" 6 LOOKS

FIRST LOOK

An look with a
flying fabric.

1



2



SECOND LOOK

Photos in
negligee,
different
poses.

3

THIRD LOOK

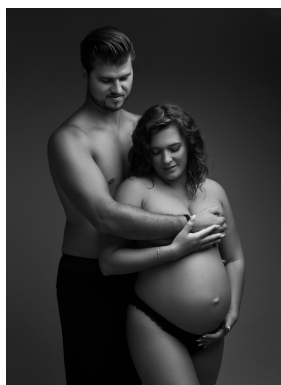
Black dress,
single
portraits +
photos with
her husband.



4

FOURTH LOOK

Different
photos with an
emphasis on
the tummy.



5

FIFTH LOOK

Without
clothes,
different
poses, single
photos + with
her husband..



SIXTH LOOK

6

Silhouette
photos on a
black
background.

PACKAGE "STANDARD" 6 LOOKS

FIRST LOOK

Silhouette on a white background.

1



2

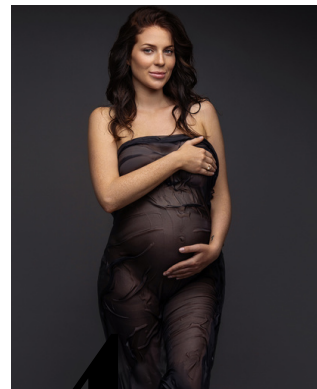
SECOND LOOK

Black dress, single portraits + photos with her husband.

3

THIRD LOOK

With flying fabric.



4

FOURTH LOOK

With wet cloth.



FIFTH LOOK

In a black bodysuit with her husband, different poses.

5

6



SIXTH LOOK

In a black dress, different photos.

STYLING

I never insist that girls do makeup and hair, but I always recommend it and now I will explain why.



- After choosing me as your photographer and getting to know my style, you clearly noticed that this is not a documentary style. We use long evening dresses, sometimes large jewelry, such things require at least make-up. And it is not necessary to do some kind of strong makeup, a nude option is enough, at least to even out the complexion with a foundation, highlight the eyebrows a little and make up the eyelashes. And already in this case, you will look much more harmonious in all these dresses, and also in the subsequent photos you will not need a lot of retouching.
- Imagine that you have a wedding, you wake up in the morning and without makeup and hair, just put on a beautiful, snow-white dress and go to church, you are unlikely to do it, just because you get lost in this dress, all attention will be on the dress, and not on you.
- With a pregnancy photo shoot in beautiful dresses, everything is the same. You need at least light makeup.
- As for hair, the best hairstyle is freshly washed hair ;)) Sometimes that's enough.
- If you do not know how to do makeup or hair at all, then you can order professional makeup and hair from me, for an additional fee.

POSING

I recommend doing a pregnancy photo session from the 28th week to the 35th. I do not advise you to wait almost the last weeks of pregnancy, when the tummy looks too big, this approach to the photo shoot is outdated and may have worked before, when there was no choice of beautiful and elegant dresses.

Now, it is important to do a photo session when the tummy is already rounded, but you are still comfortable with it, then you and the dresses will fit better and it will be easier for you to pose.

Of course, everyone has a different size tummy in different weeks, you yourself need to track this. Also, if you see that you have begun to gain excess weight, then it is better to do a photo session earlier. Some poses, such as when a girl is sitting in a lotus position, cannot be done with a too large tummy, or if the girl is lying on her back or side, below are photo examples.



"I can't believe the results - it's amazing!"





And now attention!!!

All poses that you choose, rehearse a little in front of the mirror. I'm not joking))

If this is not a standard pose for you, you simply cannot repeat it the first time, you need to feel your body, look at your best angles in the mirror, head tilt, raised shoulder, well-stretched toe.

I always help with poses, often show on myself, correct you, I take a lot of photos from different angles, so that you can then choose exactly the photo in which you like yourself.

But I can't put you in a certain position, if you don't feel it, it will look too artificial and forced.

Work out for yourself, so that you feel more comfortable and relaxed, believe me, this greatly affects the final result.



General recommendations for you and your partner



1. Manicure and pedicure if necessary. If your outfits include bare-legged photos, then it's best to keep that in mind. Nail polish is better to choose a calm color, without bright colors. Uncoated pedicure is sufficient for toenails.
2. A set of beige and black underwear without lace, depending on the images. Usually, if there is an image with a flying fabric, then you always need a set of beige underwear.
3. We select clothes for the husband, based on your images. It can be trousers + white shirt, jeans + white / black T-shirt. Don't forget about shoes!!! Shoes / sneakers. NO SHORTS, only if the photo session takes place on the street, then this is appropriate.
4. If the photo shoot takes place in the summer, we don't sunbathe much before photo shoots, so as not to burn out;))
5. If you have chosen a dress for a photo shoot in which you can see your legs, it is better to bring suitable high heels with you.

"Plans are nothing,
planning is everything.."

6. If you do your own make-up and hair. Do not forget that the best hairstyle is freshly washed hair.
7. If you want to be photographed in a white shirt and jeans, you will need to bring them with you.
8. **Please do not use any greasy creams or body lotions on the DAY of the PHOTOSHOOT (even if it says that they do not leave marks). They leave greasy stains on thin fabrics and dresses.**

4 STEPS FOR A SUCCESSFUL PREGNANCY PHOTOSHOOT



01 The right choice of service package

02 Styling and a little preparation
for the photo shoot

03 Posing

04 My professional skills + photo retouching

Thank you



for choosing me as your photographer. I hope that this guide was useful for you and you found answers to all your questions. See you soon !

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