



*Annelise Adams Photography*  
Maternity Portrait Guide



ANNELISE ADAMS  
PHOTOGRAPHY

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# I'm so happy you're here!

CONGRATULATIONS! You are having a baby! This is such a monumental time in your life and I'm thrilled you reached out to me to capture it for you. Whether this is your first and only, or kiddo number three - it is truly something special.

From the initial announcement to the baby shower to the final weeks, and finally bringing your new little addition home - these moments are fleeting and you'll want to remember every bit.

In our time together, we will focus more on the experience than capturing "the perfect photo" because, in all honesty, I aim to make it hard to choose just one.

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# ① Determining Your Type of Maternity Session

Whether you have been imagining this session ever since you found out you were expecting, or you are still on the fence about what kind of session you want - I am here to help! Sometimes expecting mothers want this to be a moment when they can focus on themselves, their changing body, and their femininity. Other times, they want the entire family included. Often times, we can achieve both!



Your session can be as casual and laidback or as styled and curated as you want. Think about what kind of images you'd like to look back on. Do you want untraditional moody editorial shots, maybe even some tastefully implied? Do you want to do something completely out of the box and unique?

Or do you want to keep it clean and simple and focused on you and your partner? Maybe you want them to be cuddled up at home with your family and pets? Thinking through these things will help us determine the next step in this guide, choosing your location!

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## Choosing Your Location

Your location should be one that resonates with you and your family's interests and style. I am here to capture you in your element. If you are including your immediate family in this maternity session, involve them in the planning process! If your kids don't like the beach, then we know that's not an option.



I have a variety of locations I like to suggest depending on the environment and setting you are drawn to. This is all up to you and your style preferences! Do you have a favorite beach you frequent? Do you want to be in a field of wildflowers? Do you want something a little more manicured? Maybe you want something more private like in your home or the secret garden studio (especially if you are thinking of more intimate images)? Once we have determined that, next we plan for what to wear!

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## What to Wear & Bring

Dress for the weather, and your location! Wear clothes that you are comfortable moving in, as well as being outside in. Wear footwear that you are comfortable walking and moving in. Avoid wearing heels/wedges/platforms as they will sink into the ground. Ensure clothes are well-pressed and wrinkle-free. If you are including your immediate family, try complementary colors and patterns rather than matching outfits (this helps everyone stand out!).



You can be as casual or as dressed up as you want! I always suggest one flowy outfit and one form fitting outfit for variety, though it is not necessary. This also give us the opportunity to capture you by yourself in one look, and with your family in another look.

Keep in mind what your kids are comfortable with too. Sometimes they aren't always on board for an outfit you may already be imagining for that perfect family photo. Depending on the type of session we are planning, these final images should be an authentically curated reflection of you and your family. The more true to your style you stick with, the better everyone FEELS and LOOKS! It will translate in photos if you don't feel good in what you're wearing.

Bringing small props like baby shoes/clothes, signs with the baby name, or sonogram can go a long way though not necessary!

## ④ Other Ways to Prepare

Be sure to get a good night's rest, that everyone is fed (bring snacks for little ones), and drink plenty of water. No need to 'Cheese'! I'm chasing natural interactions and unposed moments. I strive to capture and encourage authentic expressions. You can help me create more candid shots by interacting playfully with your children/family/partner/pet. Laugh, play, tickle, snuggle, and explore. This is how we'll capture the REAL moments.



Not everyone has to be looking at the camera. I usually encourage my gentlemen to NOT look at the camera. (they seem to prefer that, as well!) I like to especially encourage dads to focus on their partners and their kids. When in doubt, just smile and look at your family/pet/partner lovingly :) I am also there to guide you if things get stiff.

Relax, slow down, and don't force anything. Don't feel pressured to make everything perfect! Just be present with your family/partner/pet and I'll do the rest. And don't stress if any kids get fussy! Just snuggle your kiddos and we can still capture beautiful images.

## 5 Investment & Starting Rates

Maternity portrait session includes up to 1 hour of shoot time at your location of choice, 2 outfit changes, and 40+ final images. \*My rates are tailored to you and your requests, which come in the form of additional shoot time, additional outfit changes, additional locations, or special locations with fee requirements, etc. We generally get everything we need in this window of time, but I am flexible depending on your needs. Clients ask, "Do we have to change outfits if we don't want to?" The answer is no! I like to suggest this option as most locations I gravitate towards offer a variety of backdrops, and it is a great opportunity to switch things up and get more variety in your final album. These rates are based in the Sarasota, Florida, area; travel fees apply outside of Sarasota County.

You'll receive a brief questionnaire to help me get to know you, your family, how your pregnancy has been so far, and your style so that I can curate the best session for the best results! Once I receive your responses and establish the scope of your session, we will have a phone call to confirm details. You will then receive a contract to accept and an invoice to pay a deposit to secure your session date.

I'm looking forward to capturing such a beautiful moment in your life!



**Maternity Portrait Session:**  
\$550+

**Announcement Package:**  
\$950+

Includes:  
Announcement portrait session  
Maternity portrait session

**Newborn Package:**  
\$1,350+  
Includes:  
Announcement portrait session  
Maternity portrait session  
\*Lifestyle newborn session\*

*\*Lifestyle newborn sessions are offered in your home or location of choice. Annelise Adams Photography does NOT offer staged/posed newborn photography sessions at this time.\**