



MATERNITY

prep guide

MOMENTOS PHOTOGRAPHY
ENQUIRIES@MOMENTOSPHOTOGRAPHY.CO.UK

meet your photographer

I'm Maria Wright, a professional newborn, baby and family photographer and a proud member of the Guild of Photographers. I specialise in maternity, newborn and family photography, creating timeless portraits that celebrate every stage of motherhood.

Based in Cradley Heath, West Midlands, I welcome families from Birmingham, Old Hill, Dudley and surrounding areas. Every maternity session is carefully planned to create elegant, relaxed and meaningful images you'll treasure forever

FIND ME ON
Facebook | Instagram



WHAT TO *expect*



CHOOSE YOUR STYLE

Part of the beauty of a maternity session is creating a look that reflects you. Whether you love soft neutrals, elegant flowing gowns, cosy casual portraits or something more glamorous, we can plan a session style that feels perfect for you.

Feel free to browse my Instagram, Facebook page or website for inspiration. If you have a specific vision, colour palette or outfit idea in mind, please let me know in advance so I can prepare your session.

INCLUDING YOUR PARTNER

Partners and siblings are always welcome to join the session. Capturing your growing family together creates beautiful memories and adds a personal touch to your gallery.

I recommend coordinating outfits in soft neutral tones for a timeless and cohesive look.



BEST TIME FOR YOUR SESSION

Maternity sessions are best scheduled between 28–34 weeks of pregnancy, when your bump is beautifully round but you're still comfortable enough to move around and pose with ease.

It's best to book your session after your 20-week scan to ensure availability, especially for weekend appointments.



PICTURE DAY

preparations

GETTING READY

Please make sure everyone is well rested and arrives on time so we can make the most of your session. I recommend having hair and makeup done professionally if possible, but natural makeup photographs beautifully too.

Moisturise your skin the night before and avoid tight clothing on the day of your session to prevent marks on your skin. Do not apply oil or fake tan lotion.

PARTNER & FAMILY OUTFITS

Coordinate rather than match exactly. Neutral colours and soft textures photograph best together.

For partners: plain shirts, knitwear and chinos or jeans work perfectly.

For children: simple dresses, rompers or neutral outfits keep the focus on family connection.

LITTLE DETAILS TO BRING

Please bring:

- Nude and black underwear
- A strapless bra if possible
- Comfortable shoes/slippers for between shots
- Water/snacks if needed
- Any sentimental items you'd like included (baby scan photos, baby shoes, name signs, etc.)

WHAT TO WEAR

Choose clothing that you love, feel comfortable in and feel beautiful wearing. The most important thing is that your outfit reflects your personality and makes you feel confident during your session.

Flowing dresses, fitted gowns, oversized knits, bodysuits and neutral tones all photograph beautifully for maternity portraits.

Avoid busy patterns, logos and neon colours, as these can distract from the images. Soft creams, whites, beiges, blushes, sage, and earthy tones work wonderfully.

As I do not provide a client wardrobe, I recommend planning your outfits in advance and trying everything on before your session to ensure you feel comfortable and confident.



SESSION *timeline*

YOUR SESSION EXPERIENCE

When you arrive, we'll spend a few minutes discussing outfits and styling before we begin photographing.

Your session will be relaxed and fully guided, so there's no need to worry about posing. I'll help you with flattering poses, hand placement and natural expressions throughout the session.

Sessions typically last between 30 to 60 minutes depending on outfit changes and whether family members are included.

CAPTURING YOUR HISTORY

We'll capture a mixture of:

- Beautiful bump portraits
- Partner images
- Family and sibling photographs
- Close-up detail shots
- Natural candid moments

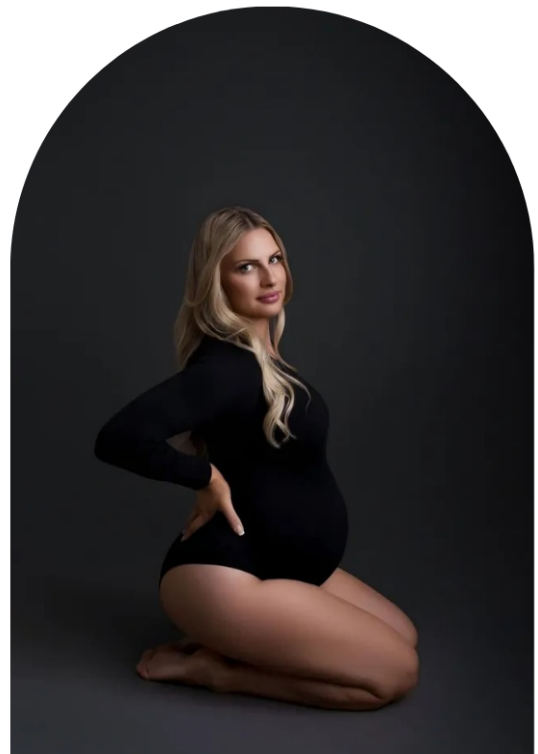
My goal is to create a calm and comfortable atmosphere where you can enjoy the experience and celebrate this special chapter.

YOUR FINISHED GALLERY

Your final images will be delivered as high-resolution digital files via a secure online gallery link, ready for download. Please allow approximately 1-2 weeks after your session for editing and delivery.

A LITTLE PREVIEW

With your consent, sneak peek images may be shared on Facebook and/or Instagram for your family and friends to enjoy



WHAT IF...



I FEEL NERVOUS OR ACKWARD?

That's completely normal! Most mums tell me they feel nervous before their session, especially if they don't usually enjoy being photographed. I'll guide you every step of the way with flattering poses, natural prompts and gentle direction to help you feel confident and relaxed.

The session is designed to be calm, comfortable and enjoyable.

I DON'T FEEL CONFIDENT ABOUT MY BODY?

Pregnancy changes your body in incredible ways, and my goal is to photograph you beautifully and naturally. I use flattering angles, soft lighting and posing techniques designed specifically for maternity portraits.

Every mum deserves to feel beautiful in her photographs.

MY CHILDREN DON'T COOPERATE?

Don't worry at all — children are unpredictable and that's completely okay. I keep sessions relaxed and child-led to capture genuine moments and natural connections.

Some of the most beautiful family images happen during playful, candid moments.

WHAT IF I NEED TO REESCHEDULE?

If you feel unwell or experience any pregnancy-related complications, please contact me as soon as possible and we can rearrange your session where possible.

Your comfort and wellbeing always come first.