



YOUR GUIDE TO MATERNITY BOUDOIR: WHAT TO EXPECT...WHEN EXPECTING



HELLO, HELLO, HELLO!

First, I would like to say Thank You for choosing me to be your maternity boudoir photographer. Words cannot describe how excited and honored I am to be a part of your motherhood journey. I can't wait to get to know a little about you and your story, and to capture the goddess that is within you!

There isn't too much to think about between now and your shoot. However, there are some important things I need you to know and want you to go ahead and start thinking about if you haven't already. So to make it a little easier, I've created this to help guide you through the process!



These are all the things that as a maternity boudoir photographer I'm thinking about. I've made it as comprehensive as possible to help you plan the details and get the most out of your shoot!

Think of this as less of a rule book and more of a guide, aimed at preparing you as much as possible so that when your shoot rolls around, you won't be as nervous or feel as awkward expressing yourself in front of a camera.

WHEN TO SHOOT

One of the first questions clients ask deals with when during their pregnancy they should schedule their session. For expecting moms with 1 baby, the suggestion by most is any time between 28-34 weeks. Each pregnancy is different and so is the preferred look. For most, at (or after) 35 weeks it may become too uncomfortable to enjoy posing for photos. For expecting moms with twins (or more), come in earlier around 26 – 30 weeks as twins tend to arrive much earlier than singletons.



KNOW YOUR *Vision*

Vision is key! In order for me to deliver images you love, we both have to know what end product you have in mind. This...is why we plan! Are you wanting your images to display somewhere digitally, as prints, as a wall art collection, or as a photo album? Are there any props you would like to include (baby shoes, ultrasound photos, sentimental jewelry)? Are you wanting a dark & moody theme, or bright & airy? Are you thinking outdoors during sunrise or sunset, or somewhere indoors? If indoors, would you like for it to take place in-home, in-studio, or in an Airbnb/hotel suite? No matter where your thoughts are, remember that I am here to help guide you through this process to ensure you get exactly what you want!



LOCATION

As previously noted, location is part of your vision. If you're wanting an indoor shoot that's not in-studio, there are a few things to consider - what type of lighting is available, is the space free of clutter and not cramped, and did you receive the necessary permissions required to shoot there (if needed). If not Blu Light Studios, renting a nice Airbnb or a hotel suite is perfect for a "homey" setting outside of your home. If you're wanting an outdoor shoot, think about a space that won't have a lot of foot traffic, more of a country/field-like setting or a beach. Your location will play a role in the outcome of your images. Considering the right space for the right part of the day is more important than most people think, which is why I recommend thinking about this early.



These are a few local (to Tallahassee) client favorites:

- Blu Light Studios
- Client's Home
- JR Alford Greenway
- Saint Mark's Lighthouse
- Miccosukee Greenway
- Governor's Park

CHOOSE YOUR LIGHTING STYLE

Whether your session is indoor or outdoor, there are a few simple but effective things that can be done to make sure that all of your images glow as bright as the majestic crown you wear.

Strobe Lighting



Natural Lighting



OUTDOOR

- 2 Options
 - 1st: Natural lighting. This is simply sunlight, and shooting times are best during sunrise or sunset (Blue Hour/ Golden Hour).
 - 2nd: Strobe lighting. This is when I transport a studio strobe to our outdoor location. It adds a different element to how you and are lit (hit with light from the front and back).

INDOOR

- Same 2 Options
 - 1st: Natural lighting. Here, it's not always the sun. If sunlight is available through windows and it lights the room well, then we can go this route. If, for example, shot in a home, then the lighting available throughout the home (lamps, ceiling, etc.) would be utilized and still considered part of the natural environment.
 - 2nd: Strobe lighting. This can be a session in my actual studio, or me transporting a studio strobe to our indoor location. Just make sure that if it's a public indoor location that you have permission for us to not only shoot there, but to also shoot flash photography.

FOUNDATION

Posing

If the thought of getting sexy and feeling completely vulnerable in front of a camera makes you nervous, or you're thinking to yourself, "I don't know ANYTHING about posing myself", I can promise you that you aren't the only person who has felt this way. However, I will do everything in my power to ease your worry and make this a fun and memorable shoot, including posing you. This next part gives you an idea of a few foundation poses I may utilize when posing you. Feel free to give them a try at home.

This section breaks down the basics of posing. From these basic poses, you can make slight adjustments, and the possibilities are endless.



Here are some examples: (FEEL FREE TO GIVE THEM A TRY!)



1: Standing

Tip-toed, 1 bent knee, free-standing or leaning against a wall. Turn at an angle or to the side to really showcase belly.



2: Sitting

This can be on the edge of your bed, chair, stool, couch-arm, or even dresser.



3: Kneeling

Knees apart, slightly lean in (or nice & tall, depending on comfort), arch that booty, 1 hand on the bed for support (if leaning forward & needed).



4: Leaning

1 leg stretched a bit further out than the other, lean against the couch arm, and place 1 hand either underneath or on top of the belly.



5: Lying Down

If on your back...arch it. If on your side...pull your top leg up toward your tummy.

Here are some examples: (FEEL FREE TO GIVE THEM A TRY!)



- 1: Running Hands Through Hair
This can be 1 hand or both hands. Head and arm tilt will vary depending on body position.



- 2: Holding Belly (Above)
Place both hands on top of the belly near the breast. You may even choose to form a heart-shape with your thumbs & index fingers.



- 3: Holding Belly (Below)
With 1 hand or both, place your hand(s) underneath your belly and gently lift. This pose can be done standing, seated, or lying.



- 4: Holding Belly (Above & Below)
Place 1 hand on top of the belly near the breast & 1 hand underneath the belly (use this hand to gently lift). Give your baby a hug!



- 5: Covering Breast/Nipples
Use either 1 hand (stretching arm across) or 2 hands to cover your nipples. Make sure to not press into your chest, but instead a gentle touch & lift.

Here are some examples:
(FEEL FREE TO GIVE THEM A TRY!)



1: Face-Card

This is you simply admiring what your body is doing and about to do.



2: Hand on Lower Back

With left leg extended out and right hip “popped”, place your right hand on your hip/lower back and look down that right shoulder-line.



3: Play with Head Tilts/Turns

This can be with a hat on or off. You can take your chin up toward the sky, down, or toward your shoulder-line.



4: Sheer Cloth

A sheer fabric (while posing nude) is great for showcasing the body and its curves without actually showing all of the body.



5: Props

Incorporate baby clothes, baby shoes, special jewelry, a fedora, or anything that is of importance to you and your pregnancy.

ATTIRE

When it comes to what to wear...I always say choose CONFIDENCE! Wardrobe is also essential to bringing about the end product you have in mind. This doesn't always refer to the colors you should wear (although I do suggest choosing a color that pops with your skin-tone or pops against your background (if you don't go with black or white/ivory). Actually, much of the time, its about the style and fitting. Strapless bras and seamless panties are always suggested if doing some type of cover-up.

The most utilized styles are: 1) a bra/panty set - lace or satin, 2) a slightly oversized button-up, 3) a form-fitting (or flowy) sheer/silk gown. There's also implied nudity (covering with a sheet or similar), and full nudity.

Remember, it's all about comfortability and confidence. I do love to have the discussion and/or even co-create Pinterest boards to help spark ideas.

Don't forget any special items like rings and other jewelry, and accent pieces like fedoras!



WHAT TO *expect*

I'll arrive on scene a little earlier to do some final viewing of our space, and to begin any setup that I may need to. My advice is that you arrive 10 minutes or so early as well. That way you can finalize any preparations needed to be at your best self.



@kisersphotography

I believe it's my job to make sure that you feel calm, authentic, and engaged during a shoot with me and I will go above and beyond to ensure this is the case. I will always direct and pose you so you don't feel or look awkward in any of your photographs. You'll also be able to peak at your images as we shoot!

I mentioned earlier the basic poses to get you started and warmed up. However, we can also use different apps for posing inspiration, so together we can plan out different poses that feel great for you to do (or, alternatively, we improvise and look at these poses when we get stuck). Either way, just know that I've got your back. We will make magic together, I promise!

I've shot enough to know that anything is possible to happen during a shoot (good or bad). With this in mind, I make sure to bring a "toolbox" of items that have saved the day a many of times (glue, tape, lotion, comb, lighter, and much more).



PHOTO DELIVERY

When it comes to boudoir portraits, it usually takes me about 1-2 weeks after your selection to edit, and deliver your gallery of photos, but I'll be sure to sneak you a preview within the first couples of days to keep you excited and ready for more! The amount of images you receive are based on the package you purchased. However, you can always purchase additional images separately.

When I eventually do hand over all of the images, it's always such a special moment for everyone! Some women view them alone. Some want to schedule an in-studio reveal. Some women view them with friends, significant other, or sister/mother. However you decide to peruse through them, just know I'll be home awaiting your final verdict! ;)

Feel free to share your images with others and/or share them on your social media (unless you plan to utilize them in a private manner). But please don't forget to tag (or credit) me! Not only does it help others find their way to my page, but it's always so fun for me to see which snaps everyone loves most. With this in mind, it is also ok if you requested for certain images to NEVER be shared to socials. This will all be discussed prior to the shoot.

Please refrain from adding filters when reposting (it goes against the rules laid out in my contract). If you want editing tweaks, please reach out and I will see what I can do.

If we had our session at a business location and the vendor want to use any of our images for their business pages, refer them to me and I can provide them with their own gallery and photo licenses for images approved by you.

PORTRAIT ALBUMS

and prints

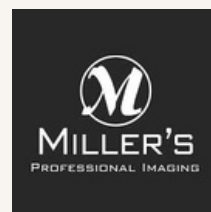
How often do you flick back through the photos on your phone just to reminisce? If you're anything like me, it doesn't happen all that often. This is why I'm a firm believer in the photo album. A physical object, an heirloom, and a beautiful way to memorialize your special day.

I can create a selection of photos or take your lead, but I'd love to create an album for you that holds a special place in your home. I've taken the time to cultivate relationships with top-notch printers who render images faithfully and never compromise on print quality. In addition to this, my hard-cover (yet soft to the touch), hard lay-flat page album looks and feels AMAZING! It comes in different sizes, and most sizes start at 25 pages, front/back, that can hold 1 or many images. I'll design it over the course of a couple of weeks, send it to you for approval, and get it back from the printers within three weeks.

P I X I E S E T



PRODPI

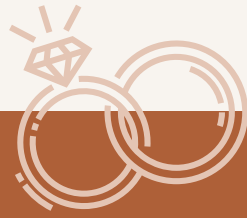




THANK YOU

I know that this has been quite a bit of information to digest, but please know that not all of it applies to every boudoir session. Just take some time and think about what feels right for you, and don't hesitate to get me on the line if you feel like you just need a human being to talk you through all of the text.

I'm so grateful you chose me and I can't wait for your session to roll around so we can start capturing some beautiful memories together!



LET'S RECAP

- Know your vision and what you want as a final product with your images.
- Choose a location (indoor or outdoor) that best fits you and your partner, and make sure that we have the necessary permissions if needed.
- Whether we shoot inside or outside, lighting is a key element in the outcome of your images. Outside using natural light with a bright-and-airy style looks different than natural light with a dark-and-moody style.
- I will always direct and pose you so you don't feel or look awkward in any of your photographs.
- What you choose to wear for your session should EXUDE confidence, and be a style/fit that you're comfortable with.
- Slow down, don't forget to breathe, take it all in, and have a good time.

talk soon

