

Tips for photographing your baby bump at home?

Factsheet

Congratulations! Having a baby is such an exciting time but it can also be confusing to know what your options and entitlements are at work during pregnancy, maternity and on return to work. We've created this factsheet with you in mind. If you still have any further questions, do email us at edinburghbirthandbaby@gmail.com



Recording this precious time

What to wear?

Wear the same clothing throughout your photos to show off your growing bump.

Lighting

Window light is by far my favourite. Stand by a window so that the window light is either to your right or left and coming across your body. Make sure you have switched off all the ambient lighting ie. lamps and overhead lights, as it will cast an awful orange glow across you.

Taking the photo

You can use a tripod or ask a friend to take the photo with your camera or phone. Make sure the flash is off and it is taken from opposite you next to the window.

Timing

It is best if you take the photograph at the same time of day, keeping it consistent. **You** will notice that the light will change, due to the weather, but that is ok we can't change

Background

Use a plain wall or background that is clutter free. Make sure there is nothing that is going to detract from you and your bump. We don't want any house plant appearing out of the top of your head!

Posing

I ask my clients to stand with one hand on top of their bump and one underneath in some of my pictures. If they have a loose dress on this pose will show definition to your bump. It is also good to stop your arms just hanging by your side.

Recording this precious time

You may not feel like it just now due to sickness and losing control over what is happening to your body, but remember you won't be pregnant forever. This time will be gone before you know it and you will have a beautiful baby in your arms and not in your tummy. Having photos to look back on is so important not just for you but for your growing family too. They will love seeing