

PREGNANCY PHOTOGRAPHY

INTRODUCTORY REMARKS

You are pregnant? Then congratulations! In our guidebook pregnancy photography, we would like to inspire you to capture the unique and emotional moments of this wonderful experience in photos. With useful tips based on the experiences of mothers and professional photographers, we want to encourage you to create memories for eternity.

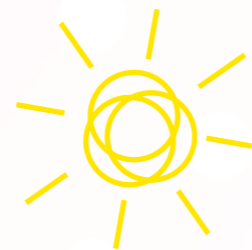
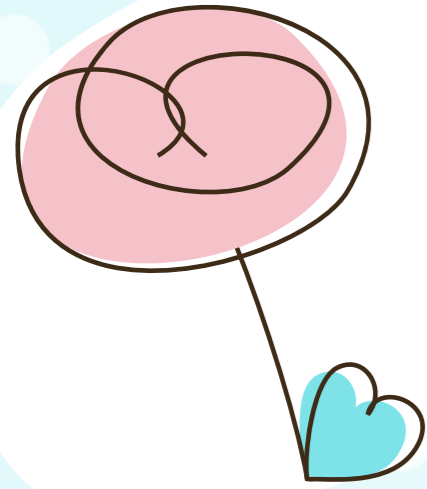


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ANNOUNCING THE PREGNANCY

After confirming the pregnancy, most future mothers will keep the secret a little to themselves or will only inform the closest family members or friends.

Usually, a pregnancy is not announced until the 12th week of pregnancy. Because from this point on, the greatest risks of a miscarriage are over. In the following section, we will show you some great ideas on how you can announce your happiness about your future baby using photos.

You may see pregnancy announcements with a big baby belly on the Internet, but truth be told, they are highly unlikely. You would have to wait a very long time with the announcement. Don't let images from the Internet or movies fool you.

ULTRA SOUND IMAGE

Your gynaecologist will probably be the first to take a picture of your child with the help of an ultrasound device. During the first few weeks you will see a white round spot, and after that, there will be more and more to recognise of your baby, week after week.

If you have your first appointment with your gynaecologist around the 12th week of pregnancy, this is completely normal. Health insurances consider this the best time for a preventive examination. At this appointment, you will also be informed that you have made it through the riskiest time.

The unborn child may fidget in your belly during the examination. It is not always possible to take a nice photo that actually shows something. Don't be discouraged. The best photos are those taken from the side of the unborn child. Most gynaecologists will print your ultrasound photo during your visit, of course. If not, make sure you ask.



ULTRA SOUND IMAGE

NEUTRAL ANNOUNCEMENT: BABY ON THE WAY

You would like to make the announcement without being the centre of attention? Then the best way to do it is using a neutral combination of hints about the baby.

Especially suitable for these pictures are onesies, shoes, socks, dummies, ultrasound picture, stuffed animals, toys, a letter board, Scrabble pieces, fairy lights, confetti and the like. Have a good look around the crafts box. You will surely find a lot of things that are perfect for a pretty display.

Combine different objects with each other and take the pictures in daylight. Best is a bright place, where light comes in from several sides to reduce shadows.

Place the elements on a pretty surface. If you don't have a nice floor or table, just smooth out a blanket, tablecloth or towel on your kitchen

table and place the accessories on top. Flowers or leaves will bring some fresh air into the image. You don't have to go out and buy roses from the florist. Simply cut off a few leaves from a houseplant or see what grows outside on the lawn. Artificial flowers are also a good decoration.

With a letter board, you can place special messages in the picture. If you take photos of yourself pregnant with a baby belly later on, you can use them to record your current week of pregnancy, experiences, or thoughts.





THE FUTURE MUM ANNOUNCES: I AM PREGNANT

It becomes more personal when you present a photo of yourself that makes people understand that you are pregnant. After all, all this is about you, because the child grows in your belly. You can be proud of that.

A nice way to do it is presenting the ultrasound photo to the camera. Play around with the settings. Try to focus on the ultrasound photo so that you blur a little with the background or vice

versa. This creates impressive effects. Modern smartphone cameras offer a so-called „portrait mode“. With an SLR or system camera, set the depth of field to as low as possible. You achieve this by opening the aperture as wide as possible, so to f1.4 or f2.8. Such experiments make your shots exciting.

Be aware that mood swings can play a role in taking photos. The first time I tried it, my interest disappeared during the shooting and the pictures looked disappointing. We tried different poses for about 1 hour and in the end, I didn't like anything. A few weeks later we tried it again. Within 10 minutes the pictures were done and I was overjoyed. There are simply bad days. Don't give up, because things don't always go as you'd expect them to.

ANNOUNCING TOGETHER: WE ARE GOING TO BE PARENTS

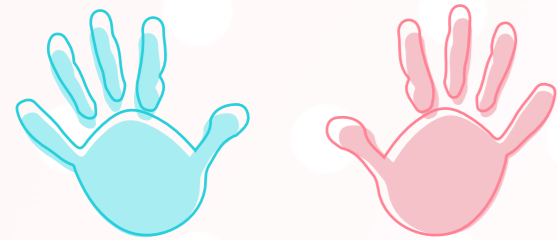
Especially beautiful are photos of both parents together. However, this is a bit more difficult to do because you need someone to take the photos. These can be good friends or family members who already know about your pregnancy or a professional photographer. Alternatively, you can use a tripod with a timer.

It helps a lot if you pick some pictures in advance and show them to the person you want to take them with. Take some pictures and look at them together. Then you can give feedback on what you like and dislike. Together, you can create a great result that everyone is happy with. Such photos are truly priceless.



GIRL OR BOY?

Whether you leave the pictures gender-neutral or underline them with the typical colours blue or pink is of course your choice. If you take the pictures early, you don't know the sex yet anyhow. If you don't take a blood test, you will only find out in the second trimester. Some parents also choose to be surprised and only find out whether it is a girl or a boy at birth.



MARTINA

I work in marketing at ifolor and am currently pregnant. I am responsible for this e-book in connection with this exciting phase of my life. As a future mum, I have dealt intensively with these topics and keep my eyes open for creative ideas. In my spare time I like to explore new things and write for my own blog.

PHOTOSHOOT DURING THE PREGNANCY

This section contains the best tips and tricks on how to put yourself and your belly in the best light, determining the ideal time for a pregnancy shooting, and what possibilities this special moment offers to capture your pregnancy in the best way.



OUTDOOR SHOOTING



TIMING OF THE SHOOTING

Many women are so overjoyed that they take pictures of themselves and their belly right from the start of their pregnancy. At that moment, you feel like your belly is already visible and so many things have already happened, but when comparing it with the development of the pregnancy at a later stage, you will hardly recognise the belly on your initial pictures. So it really is too early to do a professional photo shoot at this time. But in any case, it is advisable to start taking pictures of your baby belly around the eighth week of pregnancy. If you take a picture every month in the same outfit and in exactly the same pose, you will have a wonderful series of development at the end of your pregnancy. For this photo series, you can take a picture of yourself in the mirror or ask your partner to be the photographer. If you don't

want much distraction in the pictures, choose a simple background. My recommendation is a white wall in the apartment or house. Brothers and sisters can also be a nice addition to the picture, for example always kissing the belly in the same outfits.

The ideal time for a larger pregnancy shooting is in the weeks 35 to 37, i.e. shortly before the calculated birth date in the 40th week. Of course, it all depends on how fast the belly grows. But this is usually the time when the woman can still move well, no longer suffers from nausea or total fatigue and you can see the belly very well. However, you should not wait too long with the shooting, because a premature birth is never out of the question.

PREPARING FOR THE SHOOTING

Don't panic! If you don't fancy standing in front of the camera or have little experience with it, that's no problem at all. Because, truth be told, doing a shooting as a pregnant woman is something completely different from what happens in front of the lens in the world of fashion. Here are some simple tips to make every woman feel comfortable in front of the camera.

To ensure you go into the shooting with a good feeling, you should consider some things. Those who have an idea of what the result should look like know exactly what needs to be done. This motto also applies to your pregnancy shooting. If you hardly stand in front of the camera, you may have less ideas about what to do, how to move, or how to dress. The first step in the preparation for your shooting is having a look at existing pregnancy pictures. On Pinterest or in the galleries of many photographers, for example, you can find ideas for possible pictures. It's best to choose three to four different poses or looks in order to show the photographer exactly what you want.



PRESENT YOURSELF



PREGNANCY POSING

Even though nowadays almost everyone owns a camera, I recommend a shooting with a professional photographer, because they know the angles and light conditions that put a pregnant woman in the best light.

When choosing a photographer, sympathy and image style should fit your expectations. It is best to inform yourself in advance on the website and meet the person in order to communicate ideas and wishes for the shooting and to make sure you get the desired result afterwards.

THE OUTFIT

Those who feel good in their outfit feel good in their skin and have greater self-confidence. This is the best condition for a shooting, of course. So your outfit is a crucial influence for your emotions. It is ideal if the clothing underlines your personality. Do not wear anything you feel disguised in.

Warm and light colours are recommended. Pastel shades optimally support the look of the picture. But it can also be a dark dress, which can look a little softer with the appropriate accessories. You could use a necklace, a light cape, or a flower wreath, for example. Long dresses that are tied under the chest are particularly perfect for such shootings. A slit in the dress is also great, because you can play with it a little while posing. Skin-tight dresses let you emphasize the baby belly from the side optimally and really bring across your curves. If you feel comfortable in jeans, you can also wear them for the shooting. Also consider taking

photos without a top. The photographer can best show you there and then how to place the arms to cover the breasts and really focus on the baby belly. Nude photography can also be great for mood pictures. Backlighting is used so that only the silhouettes can be seen. Here, light cloths can also be wrapped around your body, so that you don't feel completely naked. Ultrasound images, name chains, or other baby accessories such as shoes can also be integrated into the images.



REVEALING CLOTHS

POSING

This is probably the part many people struggle with a bit before a pregnancy shooting. But don't worry, there's not much you can do as a pregnant woman in front of the camera. The best pose or angle is from the side. Both arms or just the front arm can be used to emphasize the belly. That means you put your hand under or above your belly. It is best to direct your gaze towards your belly or the camera. If you look too far away, you will look a little lost or even sad.

In addition, it works best if you stretch your front leg slightly forward or put it at an angle. The rounding with the belly and buttocks comes across well this way. But don't worry, a good photographer will certainly tell you such things.

If you pose from the front, you should highlight the belly with both hands and either stand with crossed legs, or at least emphasize your hip on one side a little more (weight on one leg). Of course, you can also sit or lie down, but a professional photographer will surely give you the appropriate suggestions, as the pose can come across completely differently depending on the angle of view.

Another possibility is to pose with your partner or your children. Holding hands, slow walking or a simple hug are natural movements, which look very beautiful on the pictures.

SHOOTING LOCATION AND CAMERA SETTINGS

The first big question is always: Indoor or outdoor? When it comes to nude pictures, I definitely recommend the studio. In principle, however, it is easier to take photos outdoors in nature. The pictures seem lighter and posing is much easier, because walking slowly and other movements look much more natural outside. Especially nature or the forest are ideal for such pictures. Both the early morning hour and evening light are ideal for beautiful mood pictures. If you want to accentuate silhouettes ideally, take pictures with back light by standing in front of the sunlight.

The pictures turn out especially beautiful when the woman is completely in focus and the background is blurred. The perfect adjustment of the depth of field is one of the decisive factors here. For a large part of the image to be sharp, a large depth of field is required. With a shallow depth of field, only a small part - that can be the foreground or the background - becomes sharp. This shallow depth of field creates the blurred background.



BABY BELLY PROGRESS

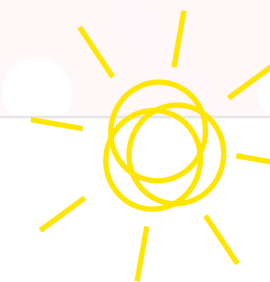
The following camera settings also contribute to the perfect image: The aperture should be opened as widely as possible, i.e. the aperture value should be low, the distance between the person and the background should be as large as possible, and a long focal length should be used.

Finally, I can say that it makes sense to read these or other tips about pregnancy photo shoots, but you should not fixate on them. If you move naturally in front of the camera and show the current emotions of your pregnancy, you do everything right and certainly have great many pictures for as memories afterwards.



MIA

I myself am a mummy of two girls and share my experiences here. Besides writing as a blogger, being a mummy and working as a teacher, I have been modelling for more than 10 years, which means I am very familiar with photography in front of and behind the camera.



NEWBORN PHOTOGRAPHY

When you become a mum or dad yourself, you want to capture every second, every facial expression and every movement of your little miracle photographically. Many photos are taken euphorically because the baby has just looked so cute or made such a hearty grimace and in the end there's disappointment waiting on the display, because the pictures somehow do not look as great as you imagined. In order to prevent such or similar disappointments when taking photos of your baby, I would like to share some tips and tricks for baby photography here. Because shooting high-quality and sweet baby photos is not as difficult as some people may think. You just have to pay attention to a few important things and try out a lot – then, there's nothing in the way of shooting successful baby photos.



The biggest advantage parents have over professional baby photographers is that they spend every day with their little darling and thus naturally experience many more situations with the baby in which unique pictures are possible. Parents experience all the emotional facets of their child and are therefore able to take a much wider range of different photos of their baby. It is not uncommon for newborns to sleep through the entire photo shoot with the photographer or, conversely, not turn a blind eye during the whole shooting or simply not have a good day. In general, the time between the 4th and 14th day of the baby's life is regarded as the best time to take photos of them, as the little ones usually still sleep a lot and also very deeply during and they can still lie down excellently in the most varied positions.

LIGHTING SITUATION AND CAMERA SETTINGS

When taking pictures at home, I primarily recommend doing this in natural daylight. The automatic flash of the camera should be switched off, because it produces only unnecessary and hard light, which we cannot use for soft and natural baby photos. If you have a professional camera, you should make sure that the pictures are taken with as little depth of field as possible. You can achieve this by setting the aperture value „f“ on the camera to as low as possible. When taking pictures during the day, I recommend switching off all artificial light sources indoors. On the one hand, this prevents unfavourable shadows from forming on the baby's face and on the other hand, it prevents the photos from getting unwanted yellow tints. Since daylight only comes in from windows or balcony doors in closed rooms, I recommend taking the baby photos close to large windows,



where possible. If the sun shines in directly, it is worth drawing a curtain - if possible, a bright one - so that the sun does not dazzle the baby and the skin is not too brightly illuminated by the direct sunlight in the pictures. In addition, curtains can act like a natural filter that produces very warm and soft light. Now you have everything you need for sweet baby photos: A camera (without flash), no artificial light sources, daylight from windows and of course a happy, nourished, and satisfied baby!



BABY'S HANDS AND FEET

A classic in baby photography is to take photos of the baby's little hands and feet. It sounds so easy, but in practice it's not always like that, because babies sometimes fidget a lot. Then, the photos become blurred and parents are disappointed. That's why my insider tip here is to wait until the baby sleeps deeply and then go about taking pictures of their hands and feet. It is especially nice when either mum or dad holds a little hand or foot, because firstly, the loving parent-child bond is included in the picture and secondly, the enormous difference in size between the extremities is much more obvious this way. In my opinion, the hand and foot photos are also particularly suitable as black and white pictures, as the focus on the essentials - in the example below, the baby's feet and mum's hands - is set even more clearly and the eye is not distracted by a coloured bedspread and colourful romper.



CHOICE OF THEME

Newborns already show a wide range of facial expressions. It is definitely worth it to catch a funny grimace, a broad yawn, or a scream. Many babies also show the so-called angelic smile in their sleep. But you have to be pretty fast to catch it with the camera, as it often only lasts for a fraction of a second. Some babies react with an angelic smile when you caress them lightly at the corner of their mouths. Just give it a try! But don't worry if they don't smile. This is not the case with all babies.

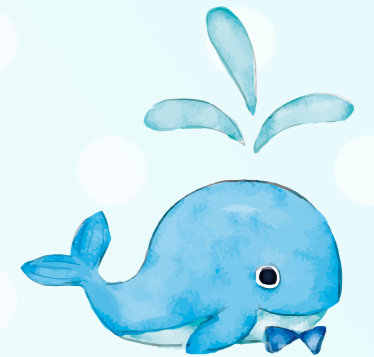


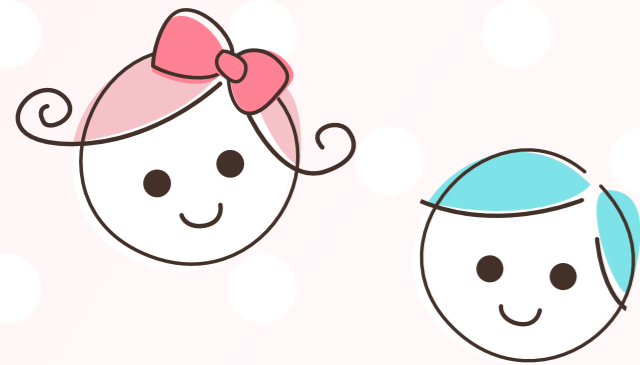
IMAGE SERIES: THE FIRST YEAR

A wonderful way to capture the rapid growth of your offspring is to either photograph your baby in the same place each month, or to always place the little one next to the same stuffed animal, or later on to sit him or her down and take a picture. This way, at the end of the first year of life, you have 12 pictures, which impressively show the fast growth of your baby. Since the first months pass like lightning, I recommend reminding yourself by creating an appointment in the calendar for each month for when you would like to take the picture. Otherwise, 3 months may pass by, in which you may not have taken the valuable monthly picture.

INTEGRATING PERSONAL ACCESSORIES

If you don't just want to photograph your baby in a romper, I advise you to search your home for suitable blankets or woollen scarves. In wardrobes and chest drawers of the female sex there is always something useful to find. Most babies like to be wrapped in a cuddly blanket and feel very comfortable in it. Plus, the pictures this helps create are particularly natural and timeless.





PARENTS IN THE PICTURE

In my opinion, particularly beautiful and intimate pictures are created when the baby is held by a parent. There are many different possibilities: Hold a baby classically in your arms or on your chest, let your baby look back over your shoulder, place your baby on the chest of the mum or dad while he or she is lying on a sofa. In general, care should always be taken that the baby does not have too much shadow on their face and that the face is tilted towards the light or at least that the light falls sideways on the baby's face. The nice thing about such baby photos is that mum or dad are also on the pictures, without the faces necessarily having to be included. Especially after the first sleepless nights after birth, you may not want to be seen with your face on photos all the time.



PETS IN THE PICTURE

Last but not least, a great tip for all pet owners. Depending on the character and the mood of your furry friend, you can try to include your pet in the baby photo shoot. The best experiences I made personally so far were with dogs which were relatively well educated and felt comfortable in the presence of the baby. Photos with cats are also possible, but clearly less predictable and it takes a good portion of patience. Here I recommend to simply lay the baby down where the photo is to be taken and wait and see if the cat comes around for a sniff. A little extra tip from me: Put a little treat near the baby to attract the cat for the photo. Yes, a few „tricks“ are allowed every now and then.



CAROLE

As an enthusiastic newborn and family photographer, I travel all over Switzerland. I have specialised in natural photography at home with the families, so that my offer exclusively covers shoots at home as well as outdoors. I can no longer imagine taking photos in a sterile photo studio as a studied psychologist.

FAMILY PHOTOS

With each month of life, babies unfold a bit more of their character traits. It is incredibly exciting to see what can change within a few days.

And suddenly there's baby fat on the little ones, they start smiling, turning, eating, drinking and so on and so forth...



FAMILY SHOOTING

ATTENTION

First things first: Be careful!

Babies lie there quietly for weeks, and then suddenly, from one moment to another, they just turn around. If your baby can't sit so well on their own and you don't want to risk the little one falling down, a play mat on the floor is a very safe way to make a nice picture.

During the first few weeks, our son often lay on his play mat on the floor. Later on, I bought a toy bar. With a nice mat, you can easily take sweet photos and you don't have to be afraid that anything will happen to the little one.



THE SURROUNDING

We all know it: If we feel good, we radiate it.

It's not different for our little ones. As described above, our son felt very comfortable on his play mat. Even when he was snuggled up and sleeping, I often took out the camera.

If your baby feels unwell, wrap him or her up in a baby sling and capture a few familiar moments with the camera. Personally, I like photo shoots outside in the fresh air best!

LIGHTING CONDITIONS

Turn the flash off. The best pictures are taken in natural light. You can simply move the play mat a little closer to the window and the light conditions become much better straight away (unless the sun shines directly into the baby's face). In winter it is a bit more difficult to take good photos inside because the sunshine hours are much shorter. Here, the time of day is decisive for the quality of your photos.

BABY IN THE LIMELIGHT

The focus should be on the baby. To make sure your little one is the centre of attention, I recommend as natural a mat and background as possible. This will best accentuate your baby. For example, place your baby on the bed/sofa, wrap them in a blanket or lay them down on a lambskin. Pictures in which the baby wears only a diaper are also sweet (provided it is warm enough).



MY NEW BED

TRY IT OUT

Pull the trigger! Instead of waiting for the „perfect“ pose, just try. Among 15 pictures taken, you're sure to find one or two that you've taken. Pictures of what your baby is moving on and in action look real and not posed.



ENTERTAINMENT

Give your baby something to play with so they are not focused on the camera. This way, you get natural photos and your baby is distracted. Or entertain your little one yourself!



JUST DO IT



THE RIGHT MOMENT

TIMING

Find the right time of day to take pictures of your baby. It may not be ideal if your baby is hungry or tired. Either breastfeed the baby first or start the photo session while breastfeeding. I find breastfeeding pictures especially valuable. They reflect the familiar moments of togetherness. If you don't feel so comfortable with this (but still want to have intimate pictures), you can, for example, place a pretty bouquet of flowers on the coffee table. The bouquet will be in the foreground and you and your baby in the background.

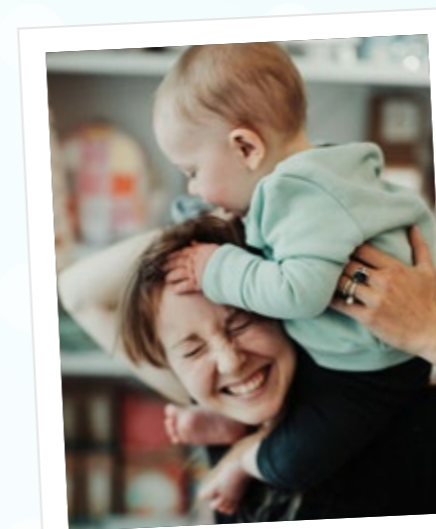
WORK FIRST, THEN PLAY

If I do a series of photos on the playground, this has to happen immediately after arriving, because it usually takes less than 5 minutes until my little one has found the way to the sand hill. If I am fast enough, I can take a few pictures with clean clothes.

I also don't want to keep him from playing for too long. After a few pictures, I put the camera away and let things run their course.

FAMILY SHOOT

After about 8 months we got a family photo shoot as a present (an incredibly great gift). The photographer was very quick with the execution (this was important, because my husband doesn't like to stand in front of the camera). The two hours passed in a flash. The photographer's instructions are very important during a family photo shoot. Think in advance where you would like to be photographed (ideally a familiar location). We travel a lot in the city, so a city location fit to our lifestyle best.



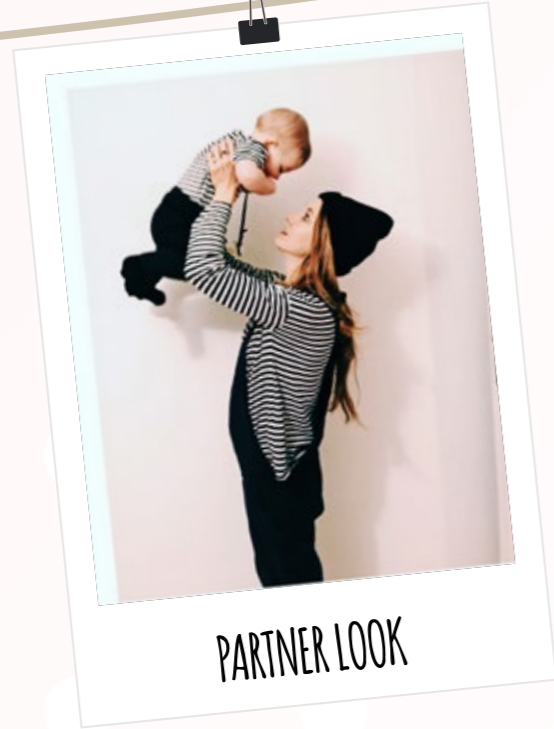
FUN



COMFORTABLE



SKI SUIT



PARTNER LOOK



EVERYDAY LOOK

CLOTHING

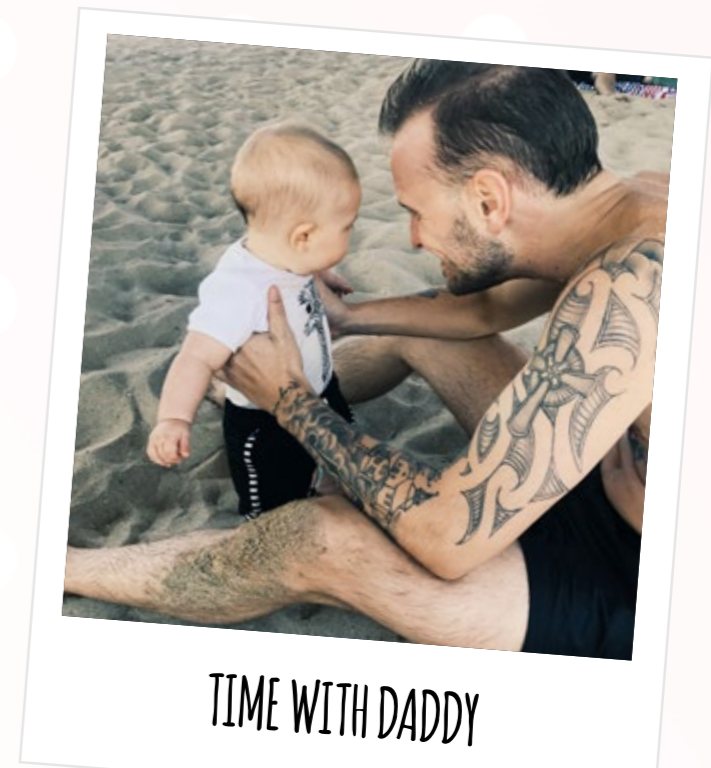
Those little clothes are just incredibly cute. We were on skiing holidays and our son got a ski suit as a present from his grandmother. He could only put it on a few times, but I'm glad to have a picture of it, he just looked so cute in it!

Otherwise I never „disguised“ him for photos. It was more important to me to capture his everyday outfits on photos. By chance we were dressed similarly on a Sunday. That's when I realised how nice „partner look“ pictures come across.

MOTIVATING DAD FOR PHOTOS

A rather difficult undertaking. My husband doesn't like to stand in front of the camera very much, he more or less agrees to family shoots for me for the sake of memories. At the first shooting, a glass of wine helped him and our photographer was a real animator. The photo shoot seemed more like an afternoon with friends and was extremely entertaining. That's how it should be!

Whenever I ask my husband to take a picture of our little one and me, I think about what it should look like beforehand. Here also applies: the faster you're done, the better. I put everything in place before taking the photo so that my husband only has to press the button.



TIME WITH DADDY

EVERYDAY MOMENTS

The first time changing the diaper, bathing with daddy, the first porridge, brushing teeth, laughing fits. Let's face it, don't you just love looking at your photo albums and laughing about what you looked like back then? One of my favourite Sunday activities, still today!

LAUGHING ABOUT THE SITUATION

Pictures help me cope with the more tedious everyday moments. For example, when my little boy would rather smear the porridge smeared all over his face than eat it. My tip: Laugh about it, label it as sweet and take a souvenir photo. In a few years, we will laugh about the situation together with the children and not remember the whole business of having to clean up afterwards.



NORMAL INSANITY



EVERYDAY LIFE

AWAY WITH THE CAMERA

It is important to use the camera purposefully. There are most likely a thousand sweet moments in everyday life that you could capture. As soon as the baby arrives, you have something incredibly sweet to document every day. Unfortunately, you lose the joy of the moment. I have to remember time and again that life really is all about what you experience and not how many photos you've taken! I consciously want to use the camera and take pictures of my family.

Just as consciously, I decide from time to time to leave the camera stowed away, even if the moment may be charming and I want to hold on to it.

The more pictures you have, the more difficult it is for you to choose, which ones should find their way to your photo album.

A PHOTO ALBUM

For the upcoming winter, I have decided to finally print out the photos of our son's first year of life and put them into a photo album. I am sure that he will be very happy about his own photo album later on!

„DON'T JUST CREATE BEAUTIFUL PICTURES OF YOUR BABIES, CREATE MEMORIES!“



MICHELLE

I grew up in the idyllic and very rural Emmental in Switzerland. Via Bern I ended up stranded in Zurich, happily married and mother of one son. Our year abroad in Los Angeles has definitely broadened my horizons. If I can't be found at the weekly market, I'm most likely somewhere else in the fresh air or drinking coffee. Coffee and healthy food, along with sports and blogging, are among my great passions, which were sparked in Sydney.

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