

Total time:
1-3 hours



Difficulty Level:
Very challenging

Skill Points:

- Portrait lighting that depicts shape
- Composing a shot that pleases the client
- Creating an intimate and safe atmosphere

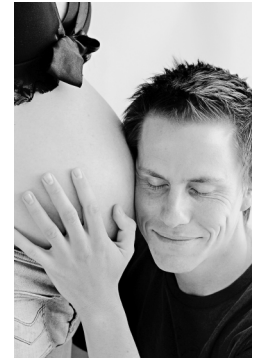
CREATING MATERNITY PORTRAITS



Maternity portraits are a very personal, and intimate, interaction between the photographer and the subject. The purpose is to highlight the woman and her family. It's important to find out what the expectations are for the final portrait.

KEY LESSON: The key, to great maternity portraits, is to share the sense of caring and intimacy. Some mothers will wish to be alone in their portrait, and others will include a family member(s). Keep the lighting simple. A side or backlight scenario shows the gentle curves of her pregnant body. Study the sample photos for ideas.

SAMPLE PHOTOGRAPHS



EQUIPMENT

- Camera

Any DSLR, mirrorless, hybrid, or compact camera

- **Any lens** from a normal view to a slight telephoto+ lens hood

- Lighting

Indoor: Window or doorway

Outdoors: Natural light, Golden Hour or shade

- **Clothing & Props**



TIPS!

Shooting Mode	A / Av	White balance	AWB AUTO
Drive Mode	<input type="checkbox"/> Single shot	Format	RAW Additional .jpeg -optional-
Focus Mode	AF-S	Metering	<input type="checkbox"/> Center weighted
Shutter Speed	1/125 th to 1/500 th	Focus Points	Center grouping
ISO	400 adjust to facilitate shutter speed (minimum 125th)		
Aperture	f/8 - f/11 -watch the depth of field-		



ACTION ASSIGNMENT!

- 1- Select a family. A good time for these portraits is between the 6th and 8th month – depending on how the mother's body changes.
- 2- Set up a portrait session time for indoor and outdoors.
- 3- Select clean backgrounds with a neutral or solitary color.
- 4- **Indoor:** Use a large window or patio door. You don't want direct sunlight- but a bright indirect light. Keep the background neutral. Use reflectors as necessary.
Outdoors: Shoot during the Golden Hour. Use backlight or sidelight. Watch your exposure. Position subject to show the curves of the body. Study the sample photos.
- 5- Setup your camera according to the tips provided and then adjust as needed.
- 6- Focus on the bellybutton area, the woman's eyes, or the other person's eyes depending on the setup and framing.

HOW DID YOU DO?

- Did your depth of field cover the outline of the belly and/or anyone else included in the shot?
- Is your image sharp?
- Is your background neutral or a complimentary color?
- Did you capture an interesting expression on everyone pictured?
- Does your lighting accentuate body shape?
- Is your color accurate? (Look at the skin)