

BUMP HOUR SESSION GUIDE



Dorte Kjaerulff[♡]
lifestyle photography

dorte.co.uk
dk@dorte.co.uk
07984492246

HOW IT WORKS

The session

Your slot is for 15min, which sounds short, but we will get lovely pictures for you! No one likes being photographed, but I'm here to help you and everyone finds it easy on the day :o)

Please do be on time, and please just wait in the hallway downstairs and I will come and get you.

We can do pictures of you alone as well as pictures of you with your partner and/or children.

Afterwards

Please allow up to two weeks for your images to be ready. I will email you a download link to the digital files and they are yours to keep and use forever.

Location

We will typically be in my studio, but depending on Covid guidelines and situations I do sometimes offer a day time outdoor option.

Maternity pictures were the first pictures I missed out on as a mum; which is why I'm offering these sessions...





WHAT TO WEAR

Bump covered

Choose plain colours or tiny patterns. Items that are tight/fitted over the bump will show your shape better!

Long dresses are very elegant, and I love a floaty dress if we are outside! Off-the-shoulder dresses are pretty too. You can also just keep it casual with jeans and a fitted top.

If you are bringing partner and kids, choose colours that go together. Kids are cute in no shoes/socks, and maybe topless? Try to stay clear of chequered patterns for boys/husbands.



Bump out

Excellent for the “arty” black&white images.

Black/dark is a great because it creates contrast to your skin. Lace works really well!

Choose a top in a thin material we can fold away, a sports bra, lingerie, kimono, shirt, jacket or anything else that opens down the front.

you can wear shorts-style pants, pretty pants or jeans (not the over the bump, just normal and leave them open.)

If you would like bump out, try not to wear tights that will go across the bump and make marks ;)

YOU MIGHT LIKE

Ready Baby Go



Gemma runs amazing unbiased and honest antenatal classes in Market Harborough preparing you for birth and beyond. Great set-up and perfect for meeting other local like-minded parents-to-be.

£20 off: DORTEBABY20

www.readybabygo.co.uk



Baby Lurve



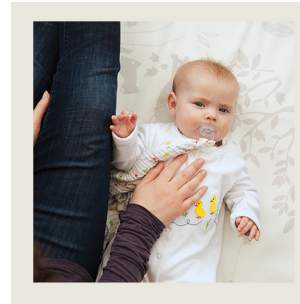
Natalie and her team offer you a personal shopping experience. Book your 90 minute appointment online and the store will be all yours, with someone on hand to guide you through all of the essential items you will need for you and your baby.

www.babylurve.co.uk



I'm blessed to work with LOTS of local businesses, and here are some I recommend for anyone expecting a baby...

Nurturing mums

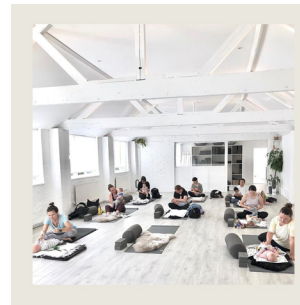


If you need support after baby arrives Jenni is your lady! She can help with bespoke day and night postnatal support. Jenni is a qualified Maternity Nurse and Sleep practitioner.

www.nurturingmums.co.uk/



Optimum You Yoga



Jenny offers both weekly Pregnancy Yoga and Postnatal Yoga classes where you can bring your baby along. These nourishing classes focus on strengthening and rebalancing the whole body as well releasing tension, breath work and relaxation.

20% off your first class: LOVEBUMP

www.optimumyouyoga.com



THE STUDIO

GRAFTON'S HOUSE

*Most sessions happens in my studio.
You should be able to park on the drive, but alternatively you can park for 40minutes
on the street right out side. You can park your buggy under the stairs.*

Grafton's House, 92 St. Mary's Road, Market Harborough, LE16 7DX
07984492246

