

THE *Guide* GROWING BUMP PHOTOS

PERSONALISE

4

Include elements that are special to you.

Maybe you have a special teddy or even the scan photos.

5

REFERENCE

You could include seeds to fruit to show the scale and size of your growing baby!

Month by Month guide on the next page.

PARTNER

Set up your photo, set a timer & get your partner involved - or even the four legged family members!

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PLACE

Choose somewhere well lit.
Make sure the background is nice
and clear so your photos focus on
your beautiful, growing bump!

1

2

CONSISTENCY

Keeping the same outfit, place you
take the photos or even the same
time of day so the lighting is the same
really highlights your growing bump
week by week or month by month.

REMINDER

Set a reminder on your phone or
diary to remind you to take the
photos each week or the same
time each month!

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HOW BIG IS *Baby*

✓ Month 1 - Poppy Seed

✓ Month 2 - Blueberry

✓ Month 3 - Raspberry

✓ Month 4 - Avocado

✓ Month 5 - Mango

✓ Month 6 - Coconut

✓ Month 7 - Pineapple

✓ Month 8 - Honeydew Melon

✓ Month 9 - Watermelon



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