

# Bump Style



# Congratulations!



A huge congratulations from me – your body is making a miracle and good news – there are ways to tackle maternity dressing without losing your personal style. But more than anything, there's an opportunity to break all sorts of supposed fashion "guidelines" (though you obviously can—and should—be avoiding old school fashion rules whenever, with or without a baby on the way).

My advice would be, don't go overboard! It's not sustainable to buy a whole new wardrobe just for six months – the time passes so quickly so, if you can, invest in just a few key pieces (which I can help you with), it's good for the planet and for your wallet. You'll also be surprised at the amount of pregnancy safe pieces you already own, by simply wearing them in a different way, you'll easily be able to shop your own wardrobe.

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## Top Tips & Advice



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So a little person is calling your body its home, and everything you knew about getting dressed is changing faster than this week's choice of fruit on your pregnancy app home screen. And because the average pregnancy lasts anywhere between 38 and 42 weeks, you're likely to encounter festivities, birthday parties, hen do's, baby showers and holiday get-togethers during this time – all of which is likely to send you into a style panic like no other.

Firstly, buy things slowly. Your body changes so much each month, so only purchase one or two pairs of things that fit for a bit, then go up a size as needed. Or choose things for your bump to grow into. Also, stretchy undies are a must. For those clothes you'll likely be wearing for less than a year—and might never want to see again post-baby—eg pregnancy jeans and leggings, shop the high street, Topshop make fab pregnancy clothing.

You just need to buy a few maternity basics that you can combine with your regular clothing. Items such as maternity leggings, jeans and bras.

You will be stunned at how many pieces you can wear well into your pregnancy – wear your skirts higher up on your waist, or belt a dress to give yourself a waist again. Its time to get creative!

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## Top Tips & Advice



Dressing for your pregnancy may lead to a more low-key, pragmatic fashion style for the long haul, embrace it, it's a new chapter in your life and normal for anyone to want to adapt their style. Also, start to shop with breast feeding in mind (if you want to breast feed) – lower necklines eg V, Scoop and square or button down tops not only elongate your silhouette but make it easy access for feeding.

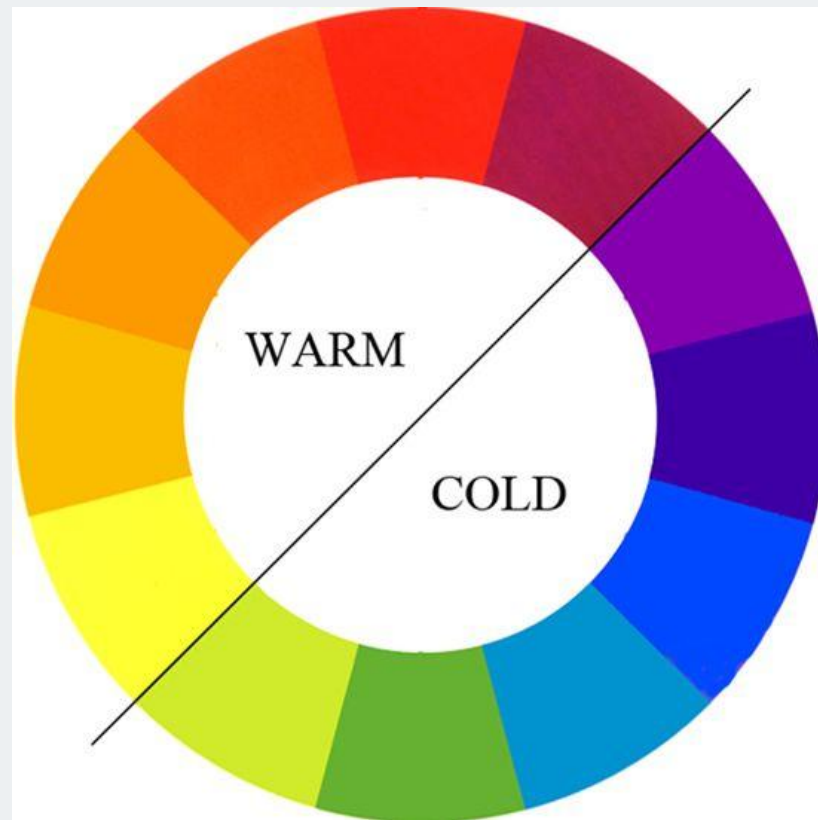
Choose fabrics like jersey that can grow and shrink with your body. They are also super easy to wash and clean and require little attention to keep in great condition. Other easy fabrics include Viscose, cotton, pleated fabrics and knitwear.

Accessorising is a super easy and effort free way of elevating your outfit and giving yourself a boost. Plus, they will always fit and you can use them throughout pregnancy and after birth! Headband hide bad hair days and earrings simply add elegance and style to your look

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# Colour & Pregnancy



Colour is a language that we all speak, it releases physiological, emotional, AND physical effects, for example, red releases adrenaline that triggers a response in your nervous system... So, it is perfect for giving you a boost when you're absolutely cream crackered

Being able to understand what colours can do for you psychologically and knowing how to use them to lift up spirits, mood and energy is my version of a superpower. Colour helps you step into your best zone, it can reflect your personality, for example, extroverted people will wear different combinations and strengths of hues compared to more Introverted individuals.

I recommend mindfully choosing the colours you wear for the day on how you feel physically and emotionally that morning. Combining colours together optimises results even more. It also stops the 'I don't know what to wear' dramas each morning because I know which colours will balance out my emotions or give me that needed kick.

So, which colours should you wear and when?

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# When to wear each colour



## Red

Perfect for days when you need high energy and motivation (or you are just plain exhausted) because it releases adrenaline into your body. It is also fantastic to show off your ambitious & motivated side and date nights!

## Orange

Fantastic for communicating, it is very sociable, dynamic and shows great warmth, wear if you need to interact with lots of people, taking new steps or meeting new friends/colleagues.

## Yellow

Mega stimulating colour that champions clarity, intellect, and happiness. It evokes confidence so wear if you are having a wobbly day and want to bring some joy and sunshine into your day.

DO NOT WEAR IF YOU FEEL SICK and do not paint your nursery in yellow – its too high energy and your little one wont sleep well.

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# When to wear each colour



## Green

The colour of balance, harmony and is very reassuring for when you have days where you feel a bit 'all over the place' It is the best colour to wear if you flush or have acne as it balances out the red and cools/calms it with the balancing green.

## Blue

Very diplomatic, approachable and portrays honesty and trust. A fab colour for important days at work or if you are feeling stressed. Blue releases oxytocin, the feel good hormone so it could be useful if your partner is stressed!

## Purple

Oozes luxury, purpose, leadership and is great for debating, I recommend purple to lawyers because it aids mediation and shows dedication. Wear if you are in charge or need to win someone over! It also connects to our spiritual sides and helps to find purpose.

## Pink

Uber compassionate, supportive and has a wonderfully emotional and flirty side. Wear if you need cheering up or need to put a smile on someone's face. Its also good if you have a lot of listening to do!

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# 1st Trimester



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Make the most of your fitted clothing. Prints and open necklines will divert any attention away from your stomach

Wrap midi skirts are perfect all year, if you are conscious wear a baggier T on top instead of tighter tops

Deep necklines and floaty sleeves are a perfect distraction. Tops this shape can grow with bump

*To Do List*  
Cotton stretch undies  
Soft Bras  
Create Pregnancy style board on Pinterest  
Research brands you like and make a shopping list  
Make the most of your non stretchy and least practical clothes eg jumpsuits!

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The first three months are exhausting; your body has made a miracle and you'll need to really focus on keeping up your energy. Your silhouette will remain similar for the first three months (in theory), but it is likely that your boobs are going to start growing rather rapidly. Bypass high necklines and if you have ill-fitting bras, avoid like the plague. If you suffer from nausea or morning sickness, avoid wearing yellow as it can bring on sickness. Choose blues and greens to feel balanced and harmonised. Statement sleeves or collar can be a great distraction and divert attention to your face and away from your tum. I also recommend not drastically changing your style or dressing in oversized clothes until you need to but make sure you get the most out of your fitted and structured clothing until you start showing and stop feeling comfortable in them! Focus on the to do list above to get your style journey started!



# 2nd Trimester



When your fave shirts don't fit, simply wear them undone over a T



Time to go to Topshop and buy some maternity jeans



Wear your fave skirt above your bump

Hats will always fit so if you have liked the style of a hat but never done so before - theres no better time!

To Do List  
Create Capsule Wardrobe  
Experiment with clothes you already own to see how they can work with your bump  
Don't forget the importance of colour

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The second trimester tends to bring on the paranoia of 'has she eaten too much or is she pregnant' You are likely to have a bump now (or certainly will soon) so you can transition to pregnancy jeans and leggings which are the best pieces of clothing to introduce to your wardrobe while pregnant. They fit exactly the same as regular styles but have the support to stay comfortable as your body grows during your second trimester. Once you have announced you are pregnant you can really start to dress in new ways, for example, skirts worn above the bump (instead of cinching in your waist) Wear your dresses open over jeans and a top to create a length and help you feel more put together (it will look like a kimono). You can also wear your fave shirts/blouses open over T shirts and play with different lengths of blazers to keep you streamlined. Once you have experimented and know what you like to wear you can begin to create a capsule wardrobe ready for your final trimester. Don't forget to follow my checklist.

# 3rd Trimester



Long floaty kimonos are perfect for slipping over your bodycon dress for a relaxed style



Jackets will be your best friend, creating a slimmer proportion with your over sized dresses

Accessories will instantly pull your outfit together with no effort



This is a great post birth outfit



To Do List  
Organise your first weeks clothing for when you return home with your bundle of joy

Design your weekly outfit plan

Don't forget to accessorise

Sleep

Rest

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This is when your bump really goes for it, but it is the hardest and most uncomfortable time for you to dress and feel gorgeous. Hail the floaty and stretchy pieces here. Show off your growing bump in tighter clothing if that is your style or floaty and feminine dresses if you want to cover up. Luckily, athleisure is a huge trend at the moment so it's a look you can really utilise and it's great for immediately after birth. Lower necklines are key here because they will open up your silhouette and create length. Great for if you feel swollen. Make sure you have your capsule wardrobe nailed, plan outfits for the next day when you get in to bed so you have one less decision to make first thing. If clothing really is the last thing on your mind, try to add one accessory a day, it takes less than a minute and will give you such a boost. Save your maternity clothes, because you will need them for a bit after the baby is born. Whilst you have your last few weeks of calm, prep your wardrobe so you can continue to feel like you after birth when the even harder work begins.

# Special Occasion Style



*Wear what makes you happy and feel good as long as it fits! If what you wear doesn't comply to a rule about a body shape but you feel fantastic then sod the rule or box. Just be YOU.*

*Bodycon and blazer to really show off your bump*

*Maxis are elegant and will make you feel amazing, even on an exhausted day*

*Play with textures to feel glam.*

*Don't forget to accessorise - it will elevate your outfit*



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This is the most stressful type of dressing for you. I highly recommend renting a dress if you are off to an awards night or wedding. Spending lots of pennies on a dress that you'll only be able to wear whilst a certain amount of time pregnant is absolutely fine but could be spent on the nursery. Get in touch to get my recommendations.

A body-hugging dress and a blazer, if you'd like to show case your gorge bump, with the sleeves pushed up to highlight it paired with a low, chunky heel—is an instant pregnant-lady fancy outfit. Or a even a satin slip dress with mules and a lace jacket or blazer. The satin and lace will feel delightful on your skin and help you feel more glam.

If you are feeling more conscious, a jersey maxi dress will move with your curves but create a long silhouette oozing sophistication whilst covering legs and arms if they feel swollen. Finish with accessories to take it to the next level. Wrap dresses and skirts will also work wonders. Again, a blazer will look stunning and elegant here.

# Shoes



Boots are perfect for smart/casual and can be worn with literally any outfit



Trainers are perfect for long days and can be worn with anything



Espadrilles are breathable and the safest heel for special occasions. You can also try a low chunky heel in winter



Mules are perfect for if your ankles swell



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Shoes are hard work even when not expecting! But they are essential for your comfort. Especially when you are in your final trimester and may not be able to reach down and do laces etc.. Also, its so normal for feet and ankles to swell – sadly its not glam at all but helping you to be as relaxed as possible here is key here.

Trainers – Laces mean you can undo them if your feet swell throughout the day. There are many styles you can choose from. If you want to feel smarter choose a leather or leather look style, a trendier pair is a metallic or print for a contemporary feel or if you just need a cuddle in a shoe – the Nike air. If you are petite, don't forget you can get flatforms!

Mules are this decades answer to a ballet pump. Easily slip them on with no drama. You can choose literally any colour to compliment your wardrobe. Suede for Spring/Summer and Leather for Autumn.

Flat ankle boot – the slouchier style the better. Sturdy and safe and you can wear the with anything you own. The trendiest at the moment is a white boot but appreciate they aren't child friendly. Any colour goes and the brand Gabor is SO DAMN comfy – they put double the amount of stuffing in the soul.

Heel – if you are a heel kinda gal' choose a low chunky heel, wedge or espadrille. Safety is first here. no one wants a twisted ankle or to fall over and get hurt.

# Breast Feeding



Don't forget you can also wear these tops open

Great to easily pull down or put bubba underneath

Wear what makes you happy and feel good (as long as it fits!) If what you wear doesn't comply to a rule about a body shape but you feel fantastic then sod the rule or box. Just be YOU. Just promise me not to hide a gorgeous waist in a sack if you are on a hot date please. It's all I ask.

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Over sized tops that will go over your bubba – opt for V necks so you can take a peak at what's going on underneath! Plus, you can belt them when you feel ready to reveal your waist again. The great thing about over sized tops is that there are loads with amazing big sleeves that are super trendy right now – practical fashion at its finest.

Buttons or poppers – bigger buttons the less faffing involved. Buttons can also add a bit of personality to your look with little effort needed from you.

A denim shirt is great as you can wear it over a T-shirt when pregnant and it will streamline your shape but once you have given birth you can do it up and un-pop it for feeding times.

Button blouses in your fave colours and prints can immediately boost both you and your little ones energy. Perhaps stick to greens, blues, and purples to create a calm space at the beginning of your journey! Prints can hide baby sick stains too!

## Finally...



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I am here for any style advice that pops into your head - however big or small it may seem to you. I recommend planning your first week of outfits when you are packing your hospital bag. Then you can arrive back from hospital and its something to give you a boost during your first few weeks of having a newborn.

In your 1st Trimester it helps to have a list of list of maternity items you need to buy.

Have a clothing schedule, for example, wear a dress on a Monday, skirt on Tuesday etc.

I can design you a pregnancy capsule wardrobe that you can wear after you give birth. Reach in to your wardrobe with confidence that whatever you put on will look and feel great as well as comfortable and practicle.

Do get in touch if youd like me to design you a bespoke edit.

Stylish wishes  
Sian

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