



# The Porcelain Post

Extension Family and Consumer Sciences strengthens individuals, families and communities through education

Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for June

## SOMETHING OLD

### Take Charge of Your Health

- Focus on positive.
- Resolve conflict.
- Respect differences.
- Show you care.
- Be passionate.
- Set relationship goals.



Take pride in your relationship and remember that marriage is not a bed of roses. A strong marriage requires effective communication and continuously nurturing your relationship.

**Something old, something new, something borrowed, something blue.....** Hopefully planning your wedding will not make you blue. Planning a wedding can be an exciting time for all family members, however, it can also be stressful as so many decisions have to be made. Should I serve alcohol when grandmother does not approve? How can I include my step father in the wedding? How do I get my guest to RSVP? To trivial decisions such as, What width ribbon should go on the center pieces? The list goes on and on. Here is some advice to make planning your special day less stressful and ensure that all family members enjoy your wedding day.

- Avoid broadcasting the news of your engagement to social networks before sharing with your family. Parents and children from a previous marriage should be told first before the news is public knowledge.
- Determine your budget. Decide how much you can afford and are willing to spend. This will help you prioritize what is most important, for example the number of guests and the venue.
- Create a detailed list of everything you want included in the wedding. It does not matter how small or inconsequential the detail may seem, make sure to write it down on your list. This is helpful as you can check tasks off your list as they are accomplished.
- Collect ideas. Make a private Pinterest Board or clip photos of cakes, flowers, gowns, etc. from magazines and put in a folder. This makes it easier to show vendors exactly what you want.
- Do your research in order to find the best price and source for various vendors and services. Don't mention the w-word when first checking prices, as 'wedding service' prices may be higher.
- Ask for wedding help instead of wedding gifts from family members and close friends. Maybe your uncle is a great photographer, your aunt is a wonderful hairdresser and they would love to share their talents with you to help on your special day.
- Hopefully your guest will take note of the deadline to RSVP, but if they don't it is acceptable to follow up with a phone call or text. After all, you do not want to pay for guest that will not be attending.
- An agenda is important for all family members, bridal party and vendors on your wedding day. Clear and transparent communication is important to ensure that everyone knows what is expected. You don't want anyone to miss the bridal party photos!
- When it comes to weddings almost anything goes these days. Make your wedding fit your personal style and taste. Don't feel the need to follow tradition or please everyone.
- Remember common courtesy. If someone thinks enough of you to give you a wedding gift a personal handwritten thank you note is still in order.
- MOST IMPORTANT.....focus on what is most important on your wedding day... **Committing to a lifelong relationship. May your marriage be as beautiful as your wedding!**

**Contact your local Extension Office today!**

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