

How Much Do You Know About Marriage?

www.smartmarriages.com

Take this quiz to find out what you know.

1. *On average, how much more likely is a single woman to die than a married woman of the same age:*

- A. 50%
- B. 0%
- C. 200%
- D. 10%

2. *How many years does a parent's divorce knock off the life expectancy of their children, according to a study of gifted, white, middle class, sample?*

- A. Nothing. The apparent effects of marriage are really due to income.
- B. 6 months
- C. 4 years
- D. 2 years

3. *True or False:* Husbands make more money than bachelors, but marriage reduces a women's earnings.

4. *True or False:* More married people cheat than couples who live together.

5. *True or False:* Marriage makes men happier, but women more depressed.

6. *True or False:* Single people are more likely to be "very happy" than married people.

7. *True or False:* Single mothers usually develop unusually close relationships with their children.

(answers on page 3)

Strengthening
Families for Life

How to Have A Good Marriage

www.smartmarriages.com

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What are ten things couples can do to have a Smart Marriage®?

1. **Marriage Matters.** Married people and their kids do better on all measures of health, wealth, happiness, and success. And, married folks report having more and better sex than single or divorced people.
2. **Disagreements are normal no matter who you marry.** The trick is to learn how to manage disagreements without hostility and put-downs - without getting nasty and eroding the love you rode in on.
3. **It's not the differences, but how we handle them** that separate successful marriages from failures. Disagreeing doesn't predict divorce. Learn how to disagree in ways that help you fall more in love.
4. **All happily married couples have ap-**

proximately ten irreconcilable differences - ten issues they will never resolve. If we switch partners, we just get ten new issues that are likely to be even more annoying and complicated. Sadly, if there are children from an earlier marriage or relationship, disagreements about them go to the top of the list. What's important is to discuss our own set of issues just as we would discuss how to manage living with a chronic bad back or trick knee. We wish they weren't there, but what's important is to keep talking about how to manage them and still do the marriage "dance".

5. **Love is not an absolute** (a yes or no situation) and it's not limited to substance. It's a feeling and feelings ebb and flow depending on how we treat each other. We can learn new ways to interact and the feelings "of being in love" can come flowing back, often stronger than before.

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"To love and marry someone, you must accept the essence of the other person; you must accept who he or she is. You can push for change at the periphery but not at the core. Marriage is a package deal. You don't get a line-item veto over your partner's personality where you can discard the traits you don't like." Andrew Christensen

Kid's Korner: Easy Wacky Crazy Activities for Young Children

By Carole H. Dibble and Kathy H. Lee

Have you found yourself saying to your mom or dad, "I'm BORED!" If so, give some of these fun and creative activities a try:

- Freeze water in small buckets, large bowls or old milk jugs with the tops cut off. After the water freezes, dump the ice into a big tub (or out in the yard) and create your own ice sculpture using warm water in pitchers or eyedroppers. Melt your way to a new creation. Add food coloring to make it more interesting.
- Tape a big sheet of butcher paper and spray on the 3M Super 77 Adhesive and see what you can "catch" on this sticky paper. Add collage items, the ever-popular tissue paper, family pictures, nature items, or anything else.
- Planting seeds is an excellent way to discover living things. The choice of seeds is endless. This process can be as simple as planting a few seeds in a cup and watching them grow in your window. You can plant the flower pots and give them away as gifts.
- Drag that easel outside. Have plenty of paint and paper and while you can use paintbrushes, see what else you can use like a pinecone, leaf, or your own fingers. No easel? No problem! Just take a sheet or large pieces of paper and hang them on a fence or tape it to a wall. You can even put it on the ground and hold it down with sticks and rocks. The uneven surface will add a new dimension to the art.
- Help out in the kitchen. Use cutting boards and a plastic knife to create a fruit salad. Or make your own soup, create your own pizza, or shake up a milkshake. Plan your own menu and have your parents take you to the grocery store to shop for the ingredients.
- Record your own voice: tell a story, sing a song, tell a joke, or just talk, talk, talk. Try your hand at making your own book on tape and you can listen to it over and over again.

How to Have A Good Marriage, *continued*

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6. **Marital satisfaction often dips with the birth of a baby.** That's normal. Marital satisfaction is at its lowest when there are kids in the house between 11 and 16. That's normal. We need to know what's normal, what to expect, appreciate our parenting partner – and hang in. It makes good sense to stay married for the sake of the kids - and for our own sake. Even with the challenges, it's a lot easier to be a parenting team than to be single, divorced, or remarried parent. Plus there's a silver lining: satisfaction goes back up with the empty nest.
7. **Sex ebbs and flows. It comes and goes.** That's normal. Plan for and make time for more "flows".
8. **Creating good marital sex is not about putting the sizzle BACK INTO** your sex life. Early marital sex is between strangers - we don't yet know our partners or ourselves. The most passionate sex is intimate sex based on knowing our partner and letting them know us. One of the most important tasks of marriage is to develop a satisfying marital sex style.
9. **Repair attempts are crucial** and are highly predictive of marital happiness. The willingness to make up after an argument is central to every happy marriage.
10. **Learn to welcome, embrace, and integrate change** - to discuss and update your wishes, hopes, and dreams - on a regular basis. The marriage vow is a promise to stay married, not to stay the same. (Thank goodness!) Don't fear changes, celebrate them!

Upcoming Events

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 MfK-English	21 MfK-English MfK-Spanish
22	23	24 MfK-English	25	26	27	28 MfK- Spanish -Stewardship Conference
29	30	31 MfK-English				

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1. A A single woman is 50% more likely to die than a married woman of the same age.
2. C: Non-marriage is one of the largest behavioral health risks people voluntarily assume.
3. False: Husbands make more money than bachelors, and so do wives. Childless white wives get a marriage wage premium of four percent, and black wives earn ten percent more than comparable single women.
4. False: Cohabiting men are four times more likely to cheat than husbands, and cohabiting women are eight times
5. False: Married men and women are less depressed, less anxious, and less psychologically distressed than singles, divorced, or widowed Americans. By contrast getting divorced lowers both men and women's mental health, increasing depression, hostility, lowering self-esteem, sense of personal mastery, and purpose in personal life.
6. False: Forty percent of married people, compared to a about a quarter of singles or those who cohabit say they are "very happy" with life in general.
7. False: Adult children of divorce describe relationships with both parents less positively.

August Events

We will be starting Marriage for Keeps Classes in Dodge: English MfK– First class starts August 20th. Supper starts at 5pm and class is 6-9:00. Saturday class starts at 8:30am-3pm, breakfast and lunch will be provided. Class will continue for the next six Tuesday's from 6-8pm, with supper at 5:00 .

Spanish MfK– First class will be Saturday August 21st from 9-4pm. Breakfast and Lunch will be provided. The remaining five classes will be held on Saturdays from 3-6pm. Meal provided.

Classes are FREE

Saturday August 28 Stewardship Conference Cathedral of Our Lady of Guadalupe in Dodge City -Mike Houser will be talking about fatherhood at 11:40

-Michael & Lilianan Zuniga will be talking about marriage at 1:40

October Event

Parenting Classes in Garden Guiding Good Choices is a 5 week program teaching parents how to strengthen their bonds with their children and reduce the rick of developing drug problems. Classes are free and start Oct 12 at GCCC.



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Coming Soon to Marriage for Keeps

Marriage for Keeps Classes

Starting Friday
September 10, 5-9:00
continuing on
Sat. 11, 8:30-4:30
Remaining 3 classes
Tues. 6-8:00



GCCC
Meals are provided
\$100 in gift card
all at no cost-
Call 620-272-0010



marriageforkeeps-ks.org

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