



Nurturing Marriage: *Marriage Moments* Review

The development of a really good marriage is not a natural process. It is an achievement.

- David and Vera Mace

Many first-time parents prepare themselves for bringing a new baby into the world. A significant thing that many do **not** prepare for, however, is the changes in the marriage that are sure to come with parenthood. Arrogance or neglect of these possible roadblocks can scar a marriage over time, and erupt unexpectedly like a volcano. If educated about them, couples can plan for these changes and handle them with surety when the punches start rolling.

Marriage Moments is a curriculum that was written by professionals to help couples prepare for the transition to parenthood and how it will affect their marriages. Some of our local professors and students from BYU were part of the team that compiled the materials. Part of the curriculum is a guidebook with exercises and practices that couples can do together to help them learn the concepts outlined in the course. Below are some examples of important things in the workbook to go over with your spouse as you begin a new phase of your marriage—parenthood.

See How Well You Know Each Other

Who are my two closest friends?

What was I wearing when we first met/on our first date?

Describe in detail what I did yesterday.
 What is my favorite way to relieve stress?
 What is one of my favorite ways to be soothed?
 What is my favorite way to spend a Friday night?

Create a Mission Statement for Your Marriage

Make a brief statement that summarizes your goals and priorities in life as a couple. Make a nice copy of it and post it in your home. Regularly take the time to review it and make sure your decisions reflect your family's mission.

Create a Shared Project

Find a project that you can do as a couple. Set aside 30 minutes this week to plan the project together. Some include ideas of service for the community, whether it be long or short-term service. Others could include things like personal fitness goals, business goals that you can do together, creating something for your home, or learning more about your families through family history. Take time on this project to help you grow closer together in shared interests.

Catch the Good

Try to “catch” your spouse doing something helpful every day, and share it with each other every day. Share why those certain things meant a lot to you. Discuss how those good things can become habitual in your home.

These are only some of the examples of exercises and concepts that are offered in the *Marriage Moments* materials. For more information, contact your Home Visitor to borrow a copy of the workbook for 30 days from the Welcome Baby Lending Library, or go to <http://www.marriagemoments.org/>.

Source: *Marriage Moments* Activity Guidebook, 2002

The popular and professional literature seems to miss the real sources of strength in marriage: the shared goals, the necessary struggles and sacrifices, the calm joy of teamwork, and the comfort in two people carrying out mundane tasks together. - Blaine J. Fowers



Infant Eye Care

In last month's in-service meeting, Amberlynn Price, wife of Dr. Robin Price, optometrist, shared some fascinating information about eye care for children and a national program called InfantSEE, designed to allow all children to receive a free comprehensive eye exam during their first year of life.

The following are some of the interesting facts about vision development and eye care:

- According to the National PTA one in three kids has a vision problem that interferes with their learning. Children do not know that their vision is bad or different because they do not have anything to compare it to and thus cannot inform their parents that they have a vision problem.
- Amblyopia, or lazy eye, is a leading cause of vision loss in 1 out of 30 children, but can be corrected if treated early.
- Visual Development in infants is most dramatic between 6 to 12 months of age. The American Public Health Association suggests a professional eye exam for every child at 6 months, 2 years, 4 years and every year after they start school. A typical exam itself takes about 15-20 minutes. They test for nearsightedness, farsightedness, astigmatism and eye movement ability (e.g. the eyes are seeing straight and working together as a team).



- InfantSEE is a nationwide program in which doctors participate voluntarily to provide a free comprehensive eye exam for a child in his or her first year of life.

vide a free comprehensive eye exam for a child in his or her first year of life. You can learn more about this program and locate a local doctor at <http://www.infantsee.org/> or call toll-free at (888) 396-EYES.



You may also request from your Home Visitor the InfantSEE pamphlet called "Protecting Your Baby's Windows to the World".

- Third and fourth grade is the typical time when children are given school assignments to read more intensely or for greater lengths of time. They also read from the blackboard a lot more, which calls for the use of different muscles. Compare how much your eyes move to see the writing on a blackboard (they move very little) to how much your eyes move to read small print in a textbook (they move a lot more). Children's' eyes often become strained at this time and they complain of headaches. Like any muscle in the body that you don't use very often, children who begin to use their eyes more regularly and intensely through study may experience soreness and headaches. This website www.covd.org has some great information, suggestions and exercises you can do with your children to help them in this transition.

Amberlynn and Dr. Robin Price, OD, run their practice, Child & Family EyeCare Center, in Pleasant Grove (908 N. 2000 W.) and are the only optometry office in the county that practice vision therapy. You can contact either of them for further information at 801-492-6393 or email at drprice@childandfamilyeyes.com.

Community Events

- **Ready to Learn**—February 20th, Utah County Health Department, 12—1 p.m., receive a complimentary book, RSVP stephanie.anderson@byu.edu and put "Welcome Baby, Yes or No" in the subject line or call 422-1807.
- **Nutrition Class**— If interested in a private home lesson on nutrition and cooking, call Jackie Robins at 801-376-9559.
- **Spanish Parent Group** —February 28th , Topic: Nutrition, Utah County Health Department, Rm. 2501, 6 –7 p.m.
- **Library Fun**- Check your Local Library for fun reading events and classes.