



*It could be  
the most  
important  
thing you do  
before the  
wedding!*

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## *Should we go to couple classes before we get married?*

**B**eing engaged is a wonderful time in a couple's life. Engaged couples spend a lot of time getting ready for the wedding. They talk to ministers, photographers, florists, and caterers. But they usually do not spend a lot of time preparing for the *marriage*.

What does it mean to prepare for the marriage? Couples need to spend time talking about things such as:

- Who will cook and do the dishes?
- Who will work outside the home?
- How many children do they want?
- How often will they go to religious services?
- Will there be a budget and who will pay the bills?
- How often should they go out with their friends?
- How much time will be spent with in-laws?



In the U.S., about one-third of all couples who recently got married took premarital education. Most of couples were required to do so by the person performing the ceremony.

Premarital classes can help couples succeed in their marriage. This is especially true in the early years of marriage which are the most fragile. Or, it can help couples decide not to marry. Since about half of first marriages end in divorce, learning skills to make your marriage work is a good idea.

A good program can teach you how to work together. They will talk about commitment and trust and teach tools for good communication and how to manage problems. Topics such as managing money and intimacy should also be discussed.

Oklahoma couples who had premarital education were less likely to divorce and more likely to be in a happy marriage.

There are a lot of programs to choose from. Ask the person conducting your marriage ceremony or visit [www.okmarriage.org](http://www.okmarriage.org) for more information on couple education and classes near you.

To learn more about healthy relationships and marriages, go to [www.okmarriage.org](http://www.okmarriage.org)