

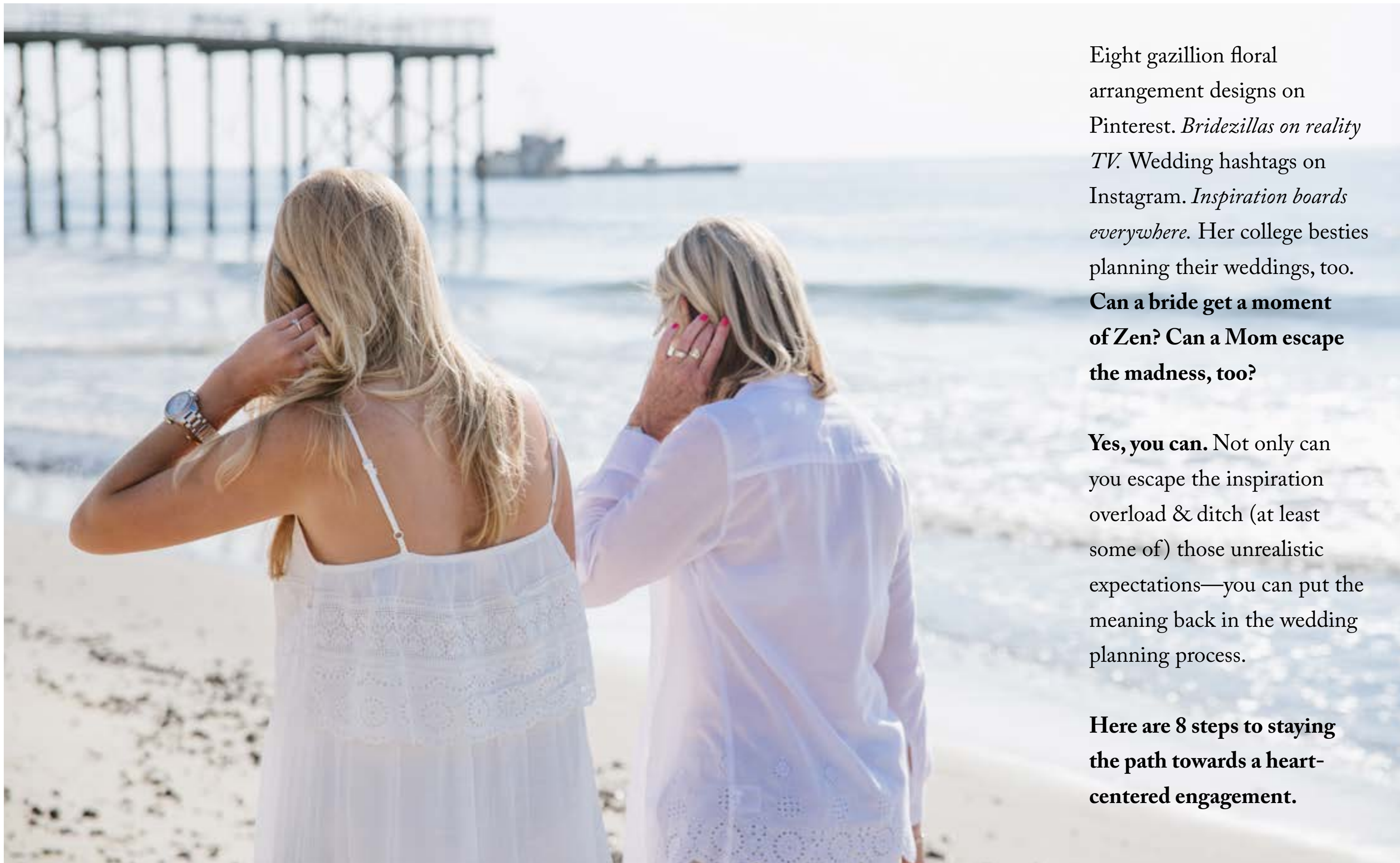


MOTHER OF THE BRIDE:

How to Put the Meaning Back in the Wedding Planning Process

a free resource from

MODERN / HEIRLOOM / BOOKS
by Dawn Roode



Eight gazillion floral arrangement designs on Pinterest. *Bridezillas* on reality TV. Wedding hashtags on Instagram. *Inspiration boards everywhere*. Her college besties planning their weddings, too. **Can a bride get a moment of Zen? Can a Mom escape the madness, too?**

Yes, you can. Not only can you escape the inspiration overload & ditch (at least some of) those unrealistic expectations—you can put the meaning back in the wedding planning process.

Here are 8 steps to staying the path towards a heart-centered engagement.

1

Let the wedding planner handle the logistics.

Chances are you helped your daughter choose the wedding planner; you may even be footing the bill. This was a careful choice, one not taken lightly. Trust the research and your gut—you chose this individual for a reason, and no doubt their experience and reliability were at the top of the list. Now let them do their thing.

If you exude confidence in the planner—letting them manage vendors, handle DIY tasks (thereby eliminating the need to rely on friends and family), and offer suggestions informed by their expertise—your daughter may likewise adopt that confident attitude.

2

Be a good listener.

Whether she wants to vent about her bridesmaids' lack of support or solicit your opinion (yet again) on the wedding's color palette, listen to her with interest. Follow the 80/20 rule: Allow her to talk 80 percent of the time, while you weigh in and contribute to the conversation 20 percent of the time. Be engaged in what your daughter is saying, and provide thoughtful feedback.

Weddings equal joy in our modern world. The fact is, though, that your daughter is saying goodbye to certain aspects of her life, which can be sad. She is on the cusp of a major life change, and may be flooded with emotions that are sometimes conflicting, sometimes overwhelming. By being a good listener, you are letting your daughter know you are on her side, and that you are there for her no matter what she may need—now, and in this next chapter of her life.

3

Acknowledge your own journey.

A wedding is a rite of passage not only for the bride, but for the mother-of-the-bride, as well. You may be feeling sadness, loss, even a sense of grief at the idea of losing your daughter.

“The beauty and challenge of motherhood is that as tightly as you would like to hold on to your precious one, you continually need to let go,” says Sheryl Paul, counselor and author of *The Conscious Bride*. “And with each letting go, you watch her step further into the unique woman that she is, embracing her strengths, challenging her weaknesses, learning what it is to be human.”

And now your daughter is getting married. **And you are both moving into new phases of your lives.** This represents a goodbye of sorts, yes; but know, too, that nothing in this world can sever the bond between mother and daughter.

“A bride is a woman, celebrated & loved for who she is in her own skin. *The dress is just her accessory.*”

—SHARON LUECKE, FOUNDER,
THE BARE BRIDE



mother-of-the-bride

4

Share
your wisdom.



Share memories of your own engagement. **Talk to her about how your life changed—and didn't change—when you got married.**

Perhaps write your girl a letter.

Give name to your values.
Give voice to your thoughts. Be open and honest with your daughter about the challenges and joys that may come in equal measure with marriage.

Share your wisdom, generously, and *in the spirit of love*.

5

Don't make
everything
about the
wedding.

However you usually spend time with your daughter, well, keep doing that.

Go to the movies, to brunch, shopping (for something *other* than a wedding gown).

Be up-front about your expectations for the day: Tell your daughter you think taking a breather from the wedding talk is a good thing, lest she misunderstand your avoidance of the topic as disinterest.

Your daughter is a whole person, and however much she may feel like her upcoming wedding defines her at the moment, you know that she is so much more than that. Remind her just by being you, and by seeing her.

Enjoy one another's company, without the pressure of wedding planning.

Be present.

6

It's probably the most-offered advice to young brides, but extend that mindful attitude to yourself, as well.

The day will go by in a flash.

Be present, on the wedding day and during the months leading up to it.

the sharing

7

Take a walk
down
memory lane.

Pull out your old photo albums, boxes of unsorted photos, scrapbooks, and memorabilia. Choose a night to allow yourself some nostalgia about your little girl—grab a bottle of wine or brew a pot of herbal tea, and *get ready to be moved*.

You may want to do this on your own, with your spouse, or with a dear friend—whatever the case, do not make this a task on your wedding-planning list (you can designate photos for the slideshow or other wedding-day displays later). Rather, **regard this as a gift to yourself**. A gift of time and space to sit with the young mom you once were, and the innocent babe your girl once was (*seems like yesterday, no?*).

Trust us when we say that nothing puts the meaning back in the wedding planning process like a good trip down memory lane. So get messy, spread out, and dive in! **Celebrate your girl—her joy, her journey, her changing place in your family.**

the remembering

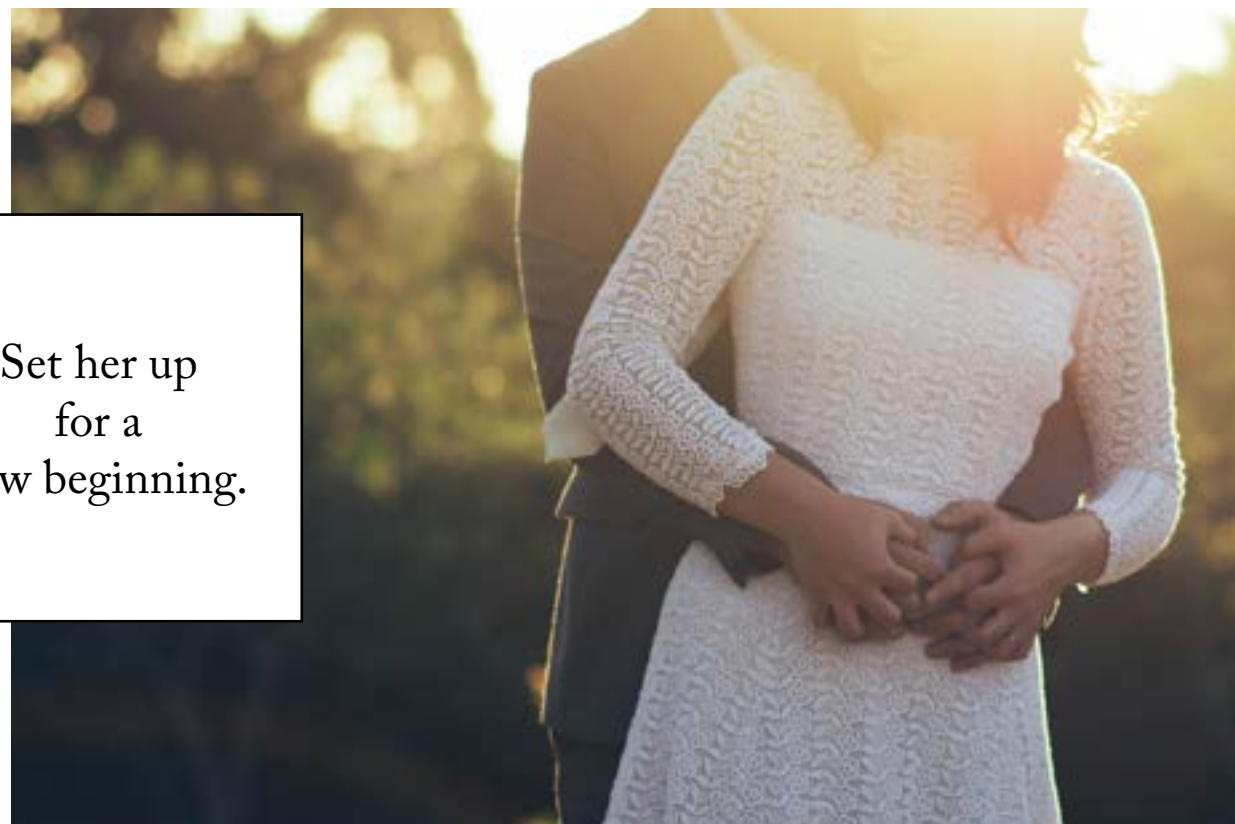


Wasn't it just
yesterday
she was taking
her first steps
with her
pudgy little
feet?



8

Set her up
for a
new beginning.



Her walk down the aisle is not, as you know, her fairytale ending.

It is just the beginning of this next chapter in her life.

Talk to her about her upcoming *marriage*, not just the wedding. Focus on the union of two families, on the nature of love, and on her concerns for her ever-after.

Your role at the wedding, says *The Conscious Bride* author Sheryl Paul, is “to stand as witness as your daughter and her beloved are wed and to celebrate their new and beautiful union. You are there to hold the space, to support her transformation, and to ensure that the ties are adequately loosened so that she can begin her new life and her new family.”

You have created a secure launching pad for her. Now allow her to take flight!

Related
reading:

For the Parents & Friends of the Bride-to-Be

[10 Questions to Ask a Bride Besides “So What Does Your Dress Look Like?”](#)

[Happiness Turns to Nervousness for One Mother of the Bride](#)

[For the Mother-of-the-Bride: Letting Go Gracefully](#)

[Recent Mother-of-the-Bride Reveals Important Lessons She Learned Through the Journey](#)

For the Bride

[When Being a Bride Gets Lonely](#)

[Turn Wedding Planning into Relationship Building](#)

[What to Do if Wedding Planning Is Sucking the Joy out of Your Life](#)

the letting go

Gather.

Hopefully, Step No. 7 resonated with you, and you took a walk down memory lane. Did you relish those moments?

Do you think curating your family photos & marrying them with your most special memories and wisdom, would be a gift worth giving to your daughter?
What could be better?!

Perhaps in anticipation of hiring us to craft a Dear Daughter heirloom book, or maybe in preparation for a DIY project: Gather photos of your daughter in one place. Consider what mementos may be representative of her childhood, and what letters or journal entries may be meaningful.

Find the process overwhelming?
We're here to walk you through the journey, guiding you in editing your images, and finding your stories.

Trust us, the process is as rewarding and emotional as the final book (plenty of parents have told us so)!

next steps

Set up a
free
consultation.

Our expert team of interviewers, editors, and designers will transform your memories into a beautiful heirloom that reveals even more than you ever imagined.

Working together, we will create a one-of-a-kind gift for your daughter—a gift guaranteed to make her cry tears of joy on her wedding day, and to hold a place in her heart forever.

Set up a free consultation to learn how we can work together.

Call Modern Heirloom Books founder Dawn at
917.922.7415

or email

dawn@modernheirloombooks.com



Our Story

Modern Heirloom Books, founded by magazine publishing veteran Dawn M. Roode (*Vogue*, *Vanity Fair*, *Harper's Bazaar*, *Parenting*), is the best resource for helping you preserve and share your stories exquisitely.

We expertly curate your “stuff”—old photos from boxes, digital family photos from phones and hard drives; hone your memories; elicit stories that surprise and delight; and design a coffee table book that is graphically and narratively evocative.

Dawn's compassionate and interested interviewing style makes subjects not only feel comfortable, but excited about sharing their stories.

VISIT SITE FOR DETAILS



Dawn on her wedding day | Italy, 2008



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