

Things To Consider When A Bridesmaid Is Pregnant

Brides-to-be thinking of asking a pregnant friend or family member to be in the bridal party should know such a request is common. Recent findings indicate that around half of all weddings now have at least one member of the bridal party showing off a baby bump—sometimes it's even the bride herself.

Barring a medical condition, there is no reason a pregnant woman can't be in the wedding and fulfill her obligations, so feel free to invite that special someone to be in the wedding. There are just a few things to consider to help make it easier on everyone involved. Think over these things.

- **Gowns:** One of the things brides and bridesmaids often fret about is the gown they will be wearing. While nonpregnant members of the bridal party won't fluctuate much in weight from the day of their first fittings to the wedding day, a pregnant woman is growing with new life within her from the moment of conception. This will have to be taken into consideration. Some maternity designers create bridesmaid dresses for pregnant women, but they may not exactly match the other gowns in mind. Ask the bridal store if alterations can be made to a standard gown, including ordering a much larger size, adding elastic panels or another way to ensure the gown will stretch over a growing belly. Also, be considerate and choose a gown in an empire waist style so that it is flattering for the pregnant bridesmaid.

- **Shoes:** While pregnant, some women's feet swell. Having strict restrictions on footwear can make a pregnant woman uncomfortable. Low heels or ballerina slippers can be comfortable and fashionable. The other members of the bridal party may also thank you for choosing a sensible shoe.

- **Breaks:** Many activities during the wedding are bound to

be tiring. But someone who is pregnant may feel it more than others. Ensure your mama-to-be has ample time to sit and rest. Also, try to have planning meetings near a restroom where she will be comfortable.

- **Nonalcoholic drinks:** From bachelorette parties to the wedding itself, be sure there are plenty of nonalcoholic and decaffeinated drinks she can enjoy. Pregnant women need to have a lot of water to meet the physical demand of pregnancy as well.

- **Travel:** In the latter months of the pregnancy, many doctors advise against air travel. Spending long hours in a car may be uncomfortable as well. If you were thinking about having the wedding far away, these are things that must be taken into consideration. You may want to revise your plans if your heart is set on having this woman in the bridal party.

- **Ceremony:** It can be tiring for a pregnant woman, especially one in the last trimester, to stand for a long period of time. If you are having a long, religious ceremony, see if a seat can be arranged so your bridesmaid can sit down when she needs a rest.

- **Declined invitation:** Some pregnant women will jump at the chance to be in the wedding, while others may realize their limitations and prefer to attend only as a guest. Have another person in mind in case your bridesmaid invitation is declined, and do not hold it against the person if she feels she won't be able to commit during her pregnancy.

- **Patience:** Although all eyes are generally on the bride on her special day, having a pregnant bridesmaid may garner a share of "oohs and aahs" and attention for her as well. It's a humble bride who can share her spotlight for a while. And remember, the "something new" at your wedding may be that new baby who is on the way!

Choosing A Hue For The Bridesmaid Gowns

Bridesmaids are an important part of the wedding party, and most brides opt to have a handful of close friends and family members play a special role in the wedding. Choosing a gown and a color that will flatter all of the bridesmaids typically takes a little work.

An overwhelming majority of couples choose to have a formal wedding. The average number of bridesmaids for these formal weddings is four. Considering around two million weddings take place in North America every year, that's a lot of bridesmaids for whom gowns and other attire must be planned.

Many bridesmaids worry about the gowns they will wear come the big day. Horrible bridesmaid dresses have been the butt of jokes for years, and many people have their own stories of garish gowns they've been asked to don for a wedding. Some have said that brides intentionally choose ugly gowns for their bridesmaids to ensure they're not outshined come the wedding day. Although this may be the case for some, most brides aspire to select gowns that will be flattering for all. And color scheme is integral in the choice of gown.

Every well-planned wedding carries a color scheme throughout. This includes the color a bride selects for her bridesmaids to wear. But not every color accentuates everyone's features. Therefore, some experimentation might be necessary to find a color that is flattering to all and fits with the color scheme.

Depending on hair color and skin shade, there are many flattering hues available for gowns. When making this decision, consider bridesmaids' ethnicity and skin tone.

African-American: Women with dark skin and hair may really shine in jewel-colored gowns, including silver, gold, purple and salmon. Very pale colors may be daring and conspicuous.

Asian and olive-skinned women: Those with a slight yellow tone to their skin will look good in many colors, including red, navy,



Choosing a gown that flatters bridesmaids is a significant responsibility for prospective brides planning their big day. METRO CREATIVE SERVICES

peach, and fuchsia. However, avoid colors in light yellow, aqua, gray, taupe, or mint, which may make the bridesmaid look washed out.

Fair skin: Ladies with pale skin will benefit from richly colored gowns in jewel tones. Pastels may work, but be careful about those depending on hair color. Pink or red-hued gowns may clash with someone with auburn hair. Yellow and green may not work with a fair brunette. Gray and silver may wash out someone who is pale and blonde.

Once a color is chosen, brides also need to consider the season. Certain colors may look out of place depending on the season. For example, an evergreen or deep blue may seem wintry during a summer wedding. Similarly, russet or brown may work for the autumn but not for a spring wedding. Many brides gravitate toward mid-level blues, greens, pinks and purples for their weddings,

simply because those colors transcend the seasons.

After colors are worked out, the style of the gown deserves consideration. Because not every bridesmaid has the same physical attributes, many brides are now open to selecting a color and length and allowing the bridesmaid herself to choose the exact style. This way someone who is busty won't feel uncomfortable in strapless, and someone who is thin won't be overwhelmed by a lot of ruffles. The intent is to have bridesmaids feel beautiful and comfortable, and different styles can help achieve this.

Making the effort to choose a gown color and style that is flattering to all in the bridal party will help the ladies feel they are truly a special part of the wedding.

Green Wedding Traditions For Eco-Conscious Couple

When planning a wedding, there are certain things on the minds of brides and grooms. But an eco-conscious ceremony might not be among those concerns. However, there are easy ways to include "green" practices in your wedding without compromising on style or statement.

- **Condense.** Think about how much time and gas are used driving around to different wedding vendors to coordinate flowers, linens, music, etc. That can contribute to one large carbon footprint simply for your wedding. If a catering hall offers packages that include other elements of the wedding, it may be more affordable and convenient to just go with them.

- **Move outside.** It can take a lot of energy to cool (or heat) a large, indoor reception site. Moving the ceremony and party outside can alleviate some environmental impact due to energy usage. Choose a picturesque setting to tie the knot.

- **Give monetary gifts.** Wedding guests often fret over what to give the happy couple as a wedding gift. If you purchase something they may not like, it was a wasted trip to the store and the couple will have to return the item or it may end up in the trash. One of the safest and greenest gifts is money. Not sure what denomination to give? Think about at least covering the cost of the wedding dinner. A guest couple can offer between \$100 and \$200 for a gift.

- **Embrace history.** If your mother has offered her wedding gown to wear, seriously consider it. Think about how much money you will save and the energy that will be conserved by not having to construct an entirely new gown. Furthermore, a gown from Mom is a sentimental gesture she will no doubt appreciate.

- **Carpool.** Chances are many brides and grooms already employ this tradition on their wedding days. Renting a limousine or party

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