



Sugar Mamas and their sweeties (back row, from left) Betty and Simone Braun, Patricia and O’Ryan Boettcher, Jessica and Liam Gunter, Gabby and Cadence Malcuit, Jandi and Lucas Schindler, Elizabeth Thottam Treney and Andrew Treney, (front row, from left) Melissa and Connor Treadway, Holly and Gabriel Bohte, Maritza and Nathan Anderson, Tressy and Elnah Garcia, Laura and Alana Kelley, Marilyn and Wyatt Flores, and Shannon, Matthew, and Michael Elam

The Sugar Mamas of Sugar Land

Local moms group dishes out advice, support, and lifelong friendships

Written by Danielle Hibberd | Photos Courtesy of Maritza Anderson

Becoming a parent can be exciting, scary, and full of moments of uncertainty all at the same time. There are plenty of ways to seek out opinions on child-rearing or to keep up with the latest parenting trends, but sometimes the best advice and greatest support comes from the person right next door. That’s the idea behind the Sugar Mamas, a local moms group.

The Hardest Job

Tressy Garcia was the first in her circle of girlfriends to join the ranks of motherhood and knew that she needed to find a moms group to help. The fact that Sugar Mamas was filled with stay-at-home moms who were fighting the same battles she faced was exactly what she needed. Parenting styles

may differ, but these Sugar Mamas bond together based on their common ground of love they have for their children. “Not until you’re a mom that is home all day with your child do you realize that it’s not easy, it’s not glamorous, and it’s harder than any job you have ever had,” says Garcia. “But you wouldn’t trade it in for the world.”

Local Meet-ups

Sugar Mamas and their little ones meet on a regular basis. They typically gather at any local kid-friendly restaurant, park or playground, museum, or each other’s homes. As long as there’s good, supportive conversation and happy kids, the event is considered to be a success.



“It’s a great time for our little ones to play, eat, or interact, while we talk, ask for advice, vent, and brag about [our kids’] latest accomplishments,” explains Garcia, adding, “Or cry about their latest sleepless night!”

A Shoulder to Cry On

Sugar Mamas are always willing to lend a hand or give another mom a shoulder to cry on. “It always amazes me that even though most of us were complete strangers when we met or joined, we have formed such a close-knit bond and look to each other for enormous support,” shares Garcia. Sugar Mama Shannon Elam is a mom of two young children and relies on the support and friendship of her fellow Sugar Mamas to help her through her challenging moments. “I had no idea what awesome friends I would find through the group,” she says.

Kids, Too

Of course, the mamas are not the only ones benefiting from the group. The kiddos get a lot out of it, too. “I feel our group has really helped my child with social skills,” says Sugar Mama Amy Okie. “Learning how to interact with other kids has helped him transition into a preschool setting.”

Sugar Mamas founder Jennifer Nguyen says the kids especially enjoy playing with toys that are not theirs and trying new foods. The group is the perfect way for children to grow, socialize, and have fun. The mamas are growing as

parents, as well. “We are here to have fun, share experiences, find advice, give support, and make new friends in an accepting, casual, and judgment-free environment,” Nguyen says. “Let’s journey down this path of motherhood together!”

“Liking” the Group

Becoming a Sugar Mama is as easy as turning on the computer. The group has a presence on the social-networking site Facebook and anyone interested in joining is welcome to send a friend request. Once a Facebook friend of Sugar Mamas, members are asked to participate in discussions on the site and attend at least one event every 45 days to remain “active.” Using the site is a great way to stay up-to-date with the group’s events and gain advice on child-rearing and many other hurdles life may throw a mom’s way.

Elam loves knowing that she has a group of friends that know and feel exactly the same way she does. “You don’t feel so isolated,” she shares. “If it takes a village to raise a child, then the Sugar Mamas has become my village.” To learn more, visit the group’s Facebook page at [facebook.com/groups/thesugarmamas/](https://www.facebook.com/groups/thesugarmamas/) SLM

DANIELLE HIBBERD is a mommy of three young boys, so she knows a thing or two about sleepless nights - not to mention fractured femurs!