



Cash

Charlie

Rylee

Madden

# Sweet Summer Babies

Ashtyn

Elizabeth

Alexandra

Thanks to all the adorable Sugar Land babies who participated in our baby issue photo shoot.



# Sweet Bundles of Joy

They're Cute, Cuddly, and Seem to Be Everywhere in Sugar Land.  
Are We in the Midst of a Baby Boom?

WRITTEN BY TONYA ELLIS

**W**hen they decided to start a family three years ago, Catherine Linehan and her husband Jim moved to Sugar Land from Houston's west side. "We knew we wanted to live in the suburbs and have a nice area for the kids to be raised," Linehan explains.

Today the couple is busy raising two daughters, Elizabeth, age 2 ½ years and Abby, 5 ½ months.

## Baby Boom

Influxes of families like the Linehans have made Sugar Land the fastest growing city in Texas. Since 1990, Sugar Land's population has grown by 226 percent, rising from 24,529 to an estimated 79,943.

More Sugar Land families mean more Sugar Land babies. "In my five year old's class, I think eight out of 20 families have had babies this school year," says Kristin Holy, a mother of three. In the last three years, births at Methodist Sugar Land climbed nine percent, from 1,487 to





1,614, and the hospital reported 1,000 births during its first year of operation.

The baby boom is not limited to Sugar Land. Births are up throughout the Houston area. In the past five years, birth certificates filed in Fort Bend County swelled 114 percent, moving from 1,732 to 3,708.

To meet the demand, Methodist Sugar Land is adding 26 mother-baby rooms to its maternity ward by October to accompany its 12 labor and delivery rooms. Memorial Hermann Sugar Land, which has 13 maternity suites, is opening an out-patient lactation center this summer.

### Home Away from Home

Sugar Land's hospitals have made their maternity rooms so luxurious, new moms may not want to go home.

In the past, moms delivered their babies in one room and then were taken to another private or semi-private room after the birth. They ate "hospital food" and received visitors on institution-style furniture.

Today's mother-to-be often delivers her baby in a private suite, which she remains in after the baby is born. These rooms include cable television, VCRs, hot tubs, restaurant-style food, and comfy sofa beds for dads.

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### Extra Appreciation

Holy said having the hospital extras makes waiting for the big event more comfortable. She gave birth to her oldest child Brandon, 9, in Louisiana, but had her other two children, Cameron, 5, and Madeline, 5 months, at Methodist Sugar Land. “The first hospital never really offered the rooming in,” she says. “I stayed in the same room for both my other two.



There was a Jacuzzi tub in your suite and they had a couch that converts into a bed for the father’s to sleep in.”

Linehan delivered and recovered in the same room with her second baby. When she had her first child, her husband scrambled to gather all their belongings at 4 a.m. when they had to move to her recovery room. “We figured we wouldn’t have this baby until the next day so he set everything out,” she explains. “That didn’t happen, she just decided to come.”

“I think having a baby is one of the most important things you ever do. Nobody ever forgets it,” says Felicia Lane, Director of Perinatal Services at the hospital. “We have really tried to make it so that when you come to the hospital you get treated like the queen you are.”

### The Mother-Baby Bond

Both Sugar Land hospitals encourage keeping the mother and baby together during the period after birth, a process they call “couplet care.” This makes it easier to establish a breast feeding routine and strengthens the mother-child bond. Trained lactation consultants visit new moms frequently to assist with breast feeding and to answer questions. Classes on infant care, breast feeding, post partum issues, and the birthing process are also available.

### Best Things About Baby

Now that their little ones are here, the moms reflect on what they love about the baby stage. Christy Brunton, mom of three-year-old twins, Kennedy and Taylor, recalls bringing them home. “They were just so little and delicate. I would just watch them while they slept, amazed. I couldn’t believe we created these two little things.”



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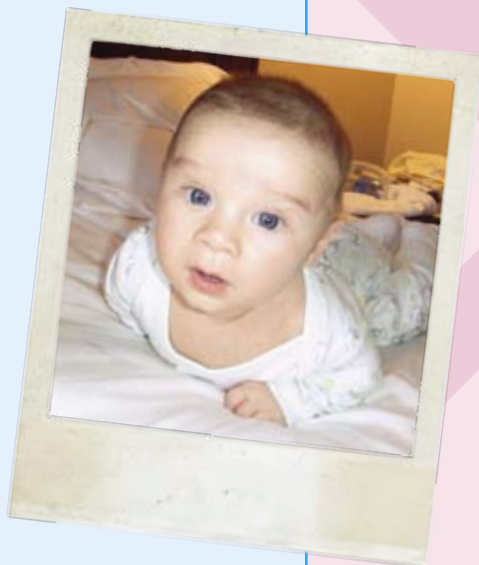
# Top Baby Names of 2007

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## GIRLS

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“The things I like best are the fat little cheeks and the fat little legs,” says Karen Forsyth, mother to Emma, 7, Allie, 4, and Grace, 4 months. “The morning times are my favorite. She is starting to smile and coo and looks for me when I walk in the room.”

Linehan says she likes them being so little and snuggly and loveable.

### The More the Merrier

When you're knee deep in diapers, the idea of having more babies might seem daunting, but the moms say parenting can be just as fulfilling the second or third time around. “I think I'm more easy-going with the third,” says Forsyth. “I'm a more tenured mom at this point. But it's definitely busier this time. She's had to adjust quickly to riding in the car a lot instead of taking her naps in a crib.”

Brunton, who is expecting her third child, believes she will also be more laid back with the baby after experiencing twins.

“You just don't worry about things as much,” she says. “You can relax and enjoy things.”

### Savor the Moments

The saying time flies when you're having fun is definitely true with the baby phase. One minute they're cuddly babes in arms, and the next they are toddlers on the go. “It seems like just yesterday we were bringing them home from the hospital, worrying about every single move,” Brunton says. “Then the first birthday came, and the second, and now the third ...”

Things can be hectic with a baby around. But if you are fortunate enough to have a little one in the house, savor this special time. Hold him or her close and enjoy the blessings your sweet baby brings. **SLM**

*TONYA ELLIS enjoys feature writing and spending time with her husband and three children.*





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BABY

BABY

BABY

Meet Sugar Land's  
Adorable Quads

OH BABY!

Mathew, Benjamin, Christopher, and Daniel with big sister Megan

WRITTEN BY SHERI JONES

Sweet things do come in small packages. And nobody knows it better than the Tanakas of Sugar Land, whose family quickly grew from three to seven last year. "Our lives changed in a matter of two minutes," says Jocelyn Tanaka, mother of quadruplets. Keeping up with the constant demands of their newest additions isn't always easy, but with help from family and friends, the Tanakas are making the most of every minute.

"A friend recently told me that her 'mom friends' joke about needing a master's degree in order to be a stay-at-home mom," Jocelyn says. In the Tanaka's case, nothing could be truer. The former Dell Computer software engineer now uses her master's in mechanical engineering to run an efficient and loving home for husband Paul, their four-year-old daughter Megan, and their 11-month-old quadruplet boys, Mathew, Benjamin, Christopher, and Daniel.

### One, then Two, Three and Four

Having been on bed rest for 13 weeks and spending her last two weeks in the hospital, Jocelyn was hoping to hold out until the lucky date of 07/07/07 to deliver. However, the boys had plans of their own and arrived in June. "The doctors initially told us to expect the babies to start coming home in August. But in early July, they told us to get ready for Christopher," Jocelyn says. After a week of new baby bliss, it was time to bring home Daniel. Two weeks later, Benjamin arrived and two days later, it was Matthew's turn. Born three months early, the quads were hooked to apnea monitors and oxygen, which limited the couple's

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many medical appointments. "Having Megan as our first child really was a huge blessing. With all of her medical issues, I learned to be very organized from the beginning," Jocelyn says. In addition to keeping a special medical notebook and detailed calendar, the busy mother finds that labeling everything is a must.

The couple also credits family and friends for keeping their family going. "We thank God that my parents moved to Sugar Land less than a year before the babies' birth. They've helped us immensely. Paul's parents have also been a blessing coming from California in shifts to help," Jocelyn says. Paul's employer, Exxon-Mobil, has been supportive as well, offering flexible working hours. The couple recently found a nanny, but Jocelyn's parents continue to help when needed. "My parents still come each weekday morning to feed the babies while I get Megan fed and ready for school," says Jocelyn.

### The Family Dynamics

Despite the sudden influx of babies, the Tanakas have adjusted well to their new family dynamics. "I liken it to surfing a tidal wave - never a dull moment, but now with so much more opportunity to love, receive love, and share," adds Paul. Not quite a year old, the boys are beginning to reveal their individual personalities.

Matthew, the oldest and quietest of the four, is a night owl. "If he gets a power nap in the early evening, he will be up until 11 p.m.," Jocelyn says. "His grandparents have a special Chinese nickname for him, pronounced 'zwong yuan.' It describes a scholar and fits his pale countenance and sage-like expressions."



Clockwise from top Daniel, Benjamin, Christopher and Mathew having fun together

Benjamin loves to smile and eat. "He consumes the most and will eat anything we give him," she adds. "Benjamin's nickname in Chinese is 'dah toe,' which means 'Big Head' because his head is the largest! He may be the thinker of the bunch."

Christopher is third but the first to become mobile. He loves to crawl everywhere and shows up in the most unexpected places. "He used to be the chubbiest, so we called him 'Chunky Monkey.' Being so mobile, he has thinned out considerably," adds Jocelyn. Daniel is the youngest. He was born the smallest but has surpassed all his brothers in weight. "We call him, 'Little Chubby,' pronounced 'shiaow pawn' in Chinese," she says. "We also call him 'Big D.'"

Big sister Megan has a variety of nicknames of her own. "Little one,' 'Megan-o-oregano,' (for her love of spaghetti), and 'Megs' to name a few," Jocelyn says. "But, her favorite seems to be, 'Big Sister.'" Nicknames aside, the couple hopes their children will learn to be individuals.

Although the addition of their quads has required a few sacrifices, sleepless nights, and several loads of laundry, the couple wouldn't trade them for anything in the world. "Because at the end of the day, nothing beats holding our babies close," says Jocelyn. "It's an honor to be their parents." **SLM**

*Sheri Jones is the editor of Sugar Land Magazine and the mother of two elementary-aged children. She now knows that parents experience long days and short years when it comes to raising children.*



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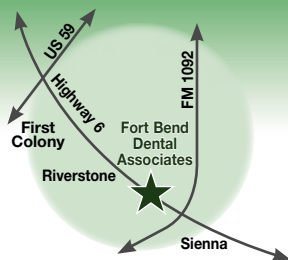


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ability to transport them very far. Their living room became a command center equipped with sleeping quarters, a central diaper changing station, and a stack of portable drawers for baby clothes. "Matthew was placed next to Benjamin in the playpen, and the two-hour feeding frenzies every three hours began around the clock," Jocelyn remembers.

### From Sun Up to Sundown

Now almost a year later, the couple's focus has shifted from watching monitors to watching their five children flourish. With a typical day starting at 6 a.m. and ending well past 10 p.m., the family's day runs like a well-oiled machine. Meals, naps, baths, and mommy time have all been meticulously scheduled throughout the day to ensure everyone's needs are met. Organization is nothing new for the Tanakas, since their daughter was born with cerebral palsy and epilepsy and required the scheduling of her



Bottles, diapers, formula, food, laundry, and bills. Adding one child to the mix can increase the use and frequency of all these ... adding four is astounding!

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40 diapers per day  
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"I really hope the boys will learn to be their own individuals and not be overshadowed by the label 'quadruplet.' My dream for them is that they become humble, godly men with good manners and kind hearts. My hope for the boys is that they will love their big sister and take care of her in the future."

-JOCELYN TANAKA

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# Moments From



# Sugar Land's Cutest Contest



A big thank you to all who participated in the first annual Sugar Land's Cutest Contest sponsored by Sugar Land Magazine

# Sugar Land's Cutest Contest 2008

And the winners are .....

## Cutest Baby 0-12 months



1st Place Charlie Molloy



2nd Place - Ava Lorber



3rd Place - Isabella Dorsey

## Cutest Toddler 13-24 months



1st Place Isabella Brenner



2nd Place Jassalyn Gregory



3rd Place Kassiana Rocha

## Cutest Toddler 25-36 months



1st Place Jimmy Renteria



2nd Place Isabella Logan



3rd Place Dean Joseph Marino

## Cutest Preschooler



1st Place Reese Vannerson



2nd Place Braylon Gardoni



3rd Place Daniel Chen