

# *katy* parent



## Holiday Baby!

### SURVIVAL GUIDE

## BOOST YOUR ENERGY

## HOLIDAY BREAK

*with tweens & teens*

## MAKE OUR WORLD A BETTER PLACE!

44 RANDOM ACTS OF KINDNESS!



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# katy parent

NOTE FROM THE EDITOR

*In a world where you can be anything, be kind.* - Unknown

A few months ago, I received a note in the mail from a friend. She had enclosed a sticker that she had found somewhere and it reminded her of me, so she bought it and suggested I put it on a tumbler or water bottle. Y'all, I can not tell you how much that small gesture meant to me. It didn't cost a ton of money, but I still smile when I think about how it made me feel that she thought of me. That is the power of kindness. This month we have 44 suggestions for how you can be kind to someone (friend or stranger), that will not only make them feel good, but it will spread joy in your heart as well.

This month we also have a Baby Survival Guide, 5 ways to boost your energy this holiday season, and a great list of holiday activities your family will love in our Fun-Time Calendar.

From our families to yours, wishing you a Merry Christmas, Happy Holidays and Fantastic New Year!



Kim Carlisle, Editor

## COVER CUTIES

JaMarkus  
Travis  
Savannah



JaMarkus age 9

Travis age 5

Savannah age 3

These cuties are 2nd generation Katy kids. The boys currently attend the same Elementary as their Mom did in the 90s. Our favorite part of the holidays are spending time with family and friends.

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# MAKE OUR WORLD *a Better Place*

44 RANDOM ACTS OF KINDNESS

by Pam Molnar



If you have ever experienced a random act of kindness, you know what joy a simple act can produce. This month, encourage your family to spread that kindness to the people who cross your paths during the holiday season and beyond.

## SIMPLE ENOUGH FOR A CHILD

- Collect stray carts outside the grocery store and put them back in the corrals.
- Send a note of appreciation to a coach, teacher or neighbor.
- Do a chore without being asked.
- If you see something out of place at the store, put it back where it goes.
- Start the day on the right foot. Smile and say good morning to everyone you see.
- Bring in a neighbor's garbage cans or mail on a cold day.
- When you received prize tickets from arcade games, give them to someone else so they can get a bigger prize.
- Hand out a refreshing bottle of water to the mail carrier.

## MAKE SOMEONE'S DAY

- Let someone ahead of you in line at the store.
- Compliment someone on their hair, clothes, nail polish, or new car.
- Ask a friend about their day and let them vent.
- Give up a great parking spot to the person behind you.
- Send a silly ecard to a friend and let them know you are thinking of them.
- Give another parent a break. Offer to babysit while they catch up on sleep or shopping.
- Write a hand written letter to an older family member. Show them that they are worth the time.
- Share a word of encouragement with a

parent who has her hands full.

- If you have to run out to the store on a cold or rainy day, be sure to ask your neighbor if they need something.
- Pull a shy partygoer into the conversation by asking her about herself.

## SHARE THE WEALTH

- Buy hot cocoa for the Salvation Army bell ringers.
- Hand out \$5 gift cards at the gas station, donut shop or fast food restaurant.
- Tape coins to the machines at the Laundromat or hand out boxes of detergent.
- Place singles on items at the dollar store – the toy aisle might be the best place.
- Pay for the order of the person behind you in the drive up window, subway station or toll booth.
- Purchase a buy one get one item and share it with a friend.
- Leave a generous tip for a small bill. We have all worked for tips at one time in our lives.
- Buy lunch for the service man working at your house. Pizza goes a long way when there is more than one.
- If you have an extra ticket, give it to someone who is waiting in line.

## DO SOMETHING TOGETHER AS A FAMILY

- Order gift codes for a movie streaming service like Red Box or Amazon. Hand out codes taped to a bag of popcorn.

- Tape coins to the gum ball machines
- Play board games with residents at the nursing home. Bring a plate of cookies with you.
- Collect old towels and blankets for the animal shelter
- Help someone load groceries into their car and take their cart back to the corral.
- Make twice as much dinner as your family needs and give it to a neighbor – just because.
- Attach coupons to items in the grocery store

## HELP YOUR FELLOW MAN

- Leave a used book at the dentist office, coffee shop or auto repair waiting room
- Give of yourself. Sign up to be an organ, bone marrow or blood donor.
- Offer your seat to someone who needs it more on the bus, train or waiting area.
- Say "Bless you" when a stranger sneezes.
- If you find a stray dog with a collar, call him over so you can reunite him with his owner.
- If a store or restaurant employee has been kind or helpful, be sure to tell their boss.
- If you follow a blog, leave a comment and let them know why you enjoy their blog.
- Leave a package of baby wipes in a public bathroom changing area.
- Clean off a dirty park bench or swing if a bird has been there.



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# Holiday Break

## with Tweens & Teens

by Gayla Grace

The excitement of the holiday break from school wanes quickly for teens and tweens. Often stretching out too long, we're left to figure out how to combat sibling squabbles and the constant lure of technology until our kids return to school.

So when you sense the sibling onslaught about to begin or you watch your child head to the Xbox one more time, offer another suggestion. Here are a few ideas to help:

### Re-decorate their room.

Cold winter days are the perfect time to rearrange furniture and/or hang new décor on bedroom walls. Take your teen shopping with the cash he or she received for Christmas to purchase that poster he's been eyeballing or trinket she wants to sit on her desk. Use it as a time to connect and spend time talking about their favorite movie or band at the same time.

### Send a letter to a soldier.

Help your child recognize how it feels to give to others at the holidays in addition to receiving gifts themselves. Secure the address of one or two soldiers and ask your child to draft a short letter expressing gratitude for their sacrifices. Include a small gift such as flavored drink packets for water or a few pieces of candy.

### Create a meal together.

Seize the extra time to plan a special meal that your children can help prepare. Let them choose their favorite dishes and go shopping for the necessary items. Turn on their favorite tunes and enjoy a jamming session while you put the meal together. Then take everyone out for ice cream to celebrate a job well done.

### Have a movie marathon night.

Select movies together that are appropriate for the entire family and watch one after another. Make it a special evening by letting your teen or tween have

a friend over and stay up as late as they want. Be sure to have plenty of popcorn and hot chocolate available.

### Buy and take non-perishable food to the nearby food pantry.

Teach your adolescent the importance of community as you give back to the needy in your hometown. Let your child choose what food items would be most appropriate to donate.

### Makes plans for next summer's vacation.

Brainstorm ideas about a fun family excursion. Ask your tween or teen to help you explore options on the internet about where to stay and fun activities to do. Look for new places that they're interested in visiting and talk about how to make it happen.

### Enjoy S'mores around the fire pit or indoor fireplace.

Gather the ingredients you need for this tasty treat and light the fire! Sit under the moon and create special memories on a cold night, naming the stars and reflecting on your holiday together.

### Bring out the board games.

Kids are never too old to play board games—and don't let your teen tell you they're boring. Teen-specific board games abound that will keep them entertained for hours.

### Work a puzzle together.

Conversation naturally flows when your hands are busy. Pick out a puzzle your kids will enjoy and listen to them talk about their latest challenges, hopes, or frustrations while matching up pieces. Glue it together with puzzle glue when you're finished and display it in your game room as a memoir.

### Attend an event.

Watch the local newspaper for activities and events planned for leisurely days following the peak hustle of the holiday. Find a concert, sewing club, gun show, or other activity you and your adolescent would enjoy together.

### Create a scavenger hunt.

Let your child invite a few friends over and help them plan a nature scavenger hunt. Keep it simple with items on the list like: two different types of leaves, one piece of man-made litter, a beautiful rock, something you consider a treasure, etc. Help your teens use their imagination and create team-building skills in the process.

And for one last special treat before they return to school, allow a "no rules" day. Let your kids pick one day toward the end of their holiday break that includes no rules from the parents. Talk to them ahead of time about reasonable standards but give them the freedom to make their own choices that day to eat what they want, play whatever they want, and stay in their pajamas all day if they'd like. Celebrate a "no rules" day as a reward for participating in family activities during the holiday break.



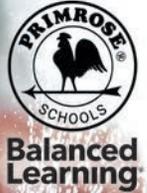
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# December

## FAMILY FRIENDLY EVENTS

### All Month

#### Sugar Land Holiday Lights

Constellation Field  
<https://www.sugarlandholidaylights.com/>  
Story Time with Santa  
La Centerra  
Tuesdays & Saturdays | December 3rd -  
December 17th  
[www.lacenterra.com/events/](http://www.lacenterra.com/events/)

### Dec 1

#### Christmas Tree Lighting

City of Katy  
Held in Historic Downtown Plaza  
6-8 pm  
[www.cityofkaty.com/government/city-departments/parks-recreation/events-calendar](http://www.cityofkaty.com/government/city-departments/parks-recreation/events-calendar)

### Dec 2

#### City of Sugar Land Christmas Tree Lighting

Sugar Land Town Square  
Make sweet holiday memories at the City of Sugar Land's Annual Christmas Tree Lighting! Enjoy a variety of festive musical, theatrical and figure skating performances, ice sculpting and plenty of holiday-themed photo opportunities, photos with Santa and Mrs. Claus and a Christmas Tree Forest - plus a variety of holiday treats including an ice bar with hot beverages and family-fun activities throughout the evening!  
5-8 pm  
[www.sugarlandtx.gov/918/Christmas-Tree-Lighting](http://www.sugarlandtx.gov/918/Christmas-Tree-Lighting)

### Dec 3

#### Hometown Holiday Festival

Discover Downtown Rosenberg  
Discover Downtown Rosenberg presents Hometown Holiday Festival on Saturday, December 3 from 12-8 p.m. in the heart of #rdowntown. Our Hometown Holiday Festival will feature a wide variety of food vendors,

snow slides, FREE Santa and Mrs. Claus photos, activities, performances, entertainment, movie night in the park, retail therapy and local cuisine.  
12-8 pm  
[www.rosenbergtx.gov/659/Hometown-Holiday-Festival](http://www.rosenbergtx.gov/659/Hometown-Holiday-Festival)

#### Snowfest

Missouri City Parks and Recreation  
Join us for this year's festival! Snowfest 2022 will have a giant snow hill, carnival rides, a holiday market, pictures with Santa Claus, food, games, entertainment, and a fireworks show! Don't miss all the fun of Snowfest on December 3rd! Location: 1522 Texas Parkway, Missouri City 77489  
3-8 pm  
[www.fb.me/e/2cXcushIH](http://www.fb.me/e/2cXcushIH)

#### Miracle on Morton Street by Historic Richmond Association

Historic Richmond Association once again brings the annual Miracle On Morton Street, always the first Saturday of December in historic downtown Richmond, to kick off the holidays! More info to come-  
10 am- 5 pm  
[www.richmondtx.gov/Home/Components/Calendar/Event/7910/313?curm=12&currency=2022](http://www.richmondtx.gov/Home/Components/Calendar/Event/7910/313?curm=12&currency=2022)

#### Reliant Lights Mayor's Holiday Spectacular

The free event is happening from 6 p.m. to 8 p.m. in Hermann Square at City Hall.  
<https://www.houston.tx.gov/mayorsholiday/index.html>

#### Boho Holiday Market

Sugar Land Town Square  
[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)

#### Fulshear's Merry Little Christmas and Tree Lighting

[www.fulsheartexas.gov/community/community\\_events/index.php](http://www.fulsheartexas.gov/community/community_events/index.php)

#### Santa Letter Mailbox

Home Depot Kids Workshop  
[www.tinyurl.com/bdf57vd7](http://www.tinyurl.com/bdf57vd7)

#### A Katy Old Fashioned Christmas

Katy Market Day in Historic Downtown Katy  
Please join us for our 12TH annual Katy Old Fashioned Christmas event! We will have 200 vendors, food trucks, entertainment, beer garden, inflatables for the kids, Santa and lots of surprises! Our awesome local shops will all be open for your holiday shopping too! Please take time to visit them all, support local this Christmas! We are super excited and are planning a great free family event!  
Proceeds will go to Katy Christian Ministry please bring canned goods for their pantry!  
Merry Christmas and Happy Holidays to y'all!  
10am-5 pm  
[www.fb.me/e/9vrgU3SPy](http://www.fb.me/e/9vrgU3SPy)

#### Skate the Square

Sugar Land Town Square  
[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)

#### Fort Bend Christian Academy Christmas Concert

Sugar Land Town Square  
[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)

### Dec 4

#### Photos With Santa

Sugar Land Town Square  
[www.sugarlandtownsquare.com/events/](http://www.sugarlandtownsquare.com/events/)

## Dec 6

### **FREE Admission at the Houston Zoo**

Free daytime admission to the Houston Zoo is provided once a month, on the first Tuesday of each month, from open until closing. Online reservations are required for all guests and members during this time. Tickets will not be available at the gate. Online reservations are required.

9am-5pm

[www.houstonzoo.org](http://www.houstonzoo.org)

## Dec 10

### **Movie under the Moon sponsored by First Colony Church of Christ-Home Alone**

Sugar Land Town Square

Bring your family, friends, and lawn chairs to the Plaza to enjoy a free Movie Under the Moon.

This month's showing is Home Alone!

7:30-9:30 pm

[www.sugarlandtownsquare.com/event/movie-under-the-moon-sponsored-by-first-colony-church-of-christ-7/](http://www.sugarlandtownsquare.com/event/movie-under-the-moon-sponsored-by-first-colony-church-of-christ-7/)

## Dec 15

Vivaldi Music Academy

Sugar Land Town Square

[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)

## Dec 16

### **Family Movie Night- The Grinch**

Levy Park sponsored by Texas Children's Hospital Join us in Whoville for a free screening of the animated movie: The Grinch (2018)! Family Movie Night, presented by Texas Children's Hospital, starts at 7 pm. Outside furniture is not permitted; blankets and our park chairs can be used.

Learn more about Texas Children's Hospital:

[www.texaschildrens.org/](http://www.texaschildrens.org/)

About The Grinch (PG): The Grinch attempts to undermine the annual Christmas celebration at Whoville with the help of his loyal dog and reindeer. Disguised as Santa Claus he tries to steal all the presents, but his cover is threatened by an earnest young girl. (Swank Motion Pictures, Inc.)

7 pm

[www.fb.me/e/3O1e1t4Ly](http://www.fb.me/e/3O1e1t4Ly)

### **Movie Under the Moon: Nutcracker with Live Symphony**

Sugar Land Town Square

[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)

## Dec 17

Decorate your Christmas Tree with a Jolly

Holiday Ornament

Lowes Kids Workshop

Calling all little builders! Kids will love this holiday DIY-U workshop where they'll learn to build a handmade wreath ornament that also makes a one-of-a-kind keepsake.

[www.lowes.com/events/register/decorate-your-christmas-tree-with-a-jolly-holiday-ornament](http://www.lowes.com/events/register/decorate-your-christmas-tree-with-a-jolly-holiday-ornament)

### **Katy Idol Grand Finale**

Katy Vibes

2-6 pm

[www.katyvibes.com/katy-idol/](http://www.katyvibes.com/katy-idol/)

## Dec 18

### **Menorah Lighting Hosted by Chabad of Sugar Land**

Sugar Land Town Square

Come celebrate Chanukah and the lighting of the Menorah at the Sugar Land town Square, with Chabad of Sugar Land. Fun for the whole family! Bounce houses, face painting & balloon art, fresh donuts, craft for the kids, juggler performance, greeting by dignitaries, music, dancing and more. For additional information, please contact Chabad of Sugar Land at 832-758-0685.

4-6:30 pm

[www.sugarlandtownsquare.com/event/menorah-lighting/](http://www.sugarlandtownsquare.com/event/menorah-lighting/)

## Dec 23

### **Movie Under the Moon: Christmas Vacation**

Sugar Land Town Square

[www.sugarlandtownsquare.com/christmas-in-the-square/](http://www.sugarlandtownsquare.com/christmas-in-the-square/)



# tykes to Teens

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## Your Family's Health



# BOOST YOUR ENERGY

IN JUST 5 MINUTES!

By Gina Roberts-Grey

It's only 2 o'clock and you've got three more errands to run, dinner to make and homework to help with. The catch: you're too exhausted to stand, let alone don your "super parent" cape and get these things done. But, if you know these secrets to boost your stamina and refuel your energy reserves, you can sail through a busy day. And, even have fun while you do.

### MAX-OUT YOUR MAGNESIUM INTAKE

"This mineral is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy," says Gretchen Peyton RD, LDN, CNSD at Northwestern Memorial Hospital in Chicago, Illinois. "So when levels are even a little low, energy can drop." Research agrees. One study found women with magnesium deficiencies had higher heart rates and required more oxygen to do physical tasks than they did after their magnesium levels were restored. In essence, their bodies were working harder which, over time, says Peyton, can leave you feeling depleted. The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men. To make sure you're getting enough, Peyton suggests adding these to your diet: a handful of almonds, a bowl of bran cereal, a piece of halibut.

### DON'T SKIMP ON SUSTENANCE

Not only have studies shown that folks who eat breakfast report being in a better mood, and have more energy throughout the day. Peyton says that's likely because breaking the fast soon after rising supplies your body with a jolt of fuel that sets the tone for the whole day. Scientists agree, discovering that missing any meal during the day led to an overall greater feeling of fatigue by day's end.

### BULK UP AT BREAKFAST

Studies have shown that eating one cup of fortified, whole grain cereal with low-fat milk is best at refueling your muscles. Lynne Kammer, one study's lead author who says feeding your muscles will help them stay strong and resist fatigue. "Calcium and vitamin D feed your bones while the protein and carbohydrates in cereal aid the rebuilding of tissue after a long day or exercise. Those things team up to help keep your muscles from feeling tired or fatigued." And to help you stay powered up for a long day.

### SING A SONG

Belting out a few bars of your favorite tune, say experts, can help revitalize your senses. "To sing, you need to inhale deeply through your nose and exhale out through your mouth," says Michael Finkelstein, MD former director and chief of integrative medicine at Northern Westchester Hospital. "Taking the deep breathes needed to sing fills your lungs to oxygenate your body." Singing also produces a rush of adrenaline. "That effect will help you over a midday hump so you can power through the rest of your day," says Finkelstein.

### LAP UP THE LIQUIDS

Peyton says being thirsty can trigger the same feelings as being hungry. "Thirst can also masquerade as fatigue," she notes. Sometimes, being even slightly dehydrated can leave you feeling tired and lethargic," Peyton adds. To rev up your energy, pour yourself a tall, cool glass of water. This is particularly important to boost energy after exercise, when your body is likely to be craving fluids.

# DRUM LESSONS



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# HOLIDAY CUTIES



# Katy ONGOING EVENTS

## Sundays

### Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park  
[www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/](http://www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/)

### LaCenterra Farmers Market

2nd and 4th Sunday of the month.  
11 am- 3 pm  
[www.lacenterra.com/events](http://www.lacenterra.com/events)

### Sunday Night Live

City Centre  
Sunday nights are live in CITYCENTRE's plaza! Enjoy live music each Sunday with a line-up of inspirational artists. 3-6 pm  
[www.citycentrehouston.com/event/aug-7-sunday-nightlive](http://www.citycentrehouston.com/event/aug-7-sunday-nightlive)

### Michaels Make Break

2-4 pm  
[www.michaels.com/instoreevents](http://www.michaels.com/instoreevents)

## Tuesdays

### Library Story Times

Maud Smith Marks Preschool Storytime 10:15  
Katy Branch Library Baby Storytime 10:30 am  
Cinco Ranch Branch Pajama Story Nights  
1st and 3rd Tuesdays 6 pm  
[www.hcpl.net](http://www.hcpl.net)

## Wednesdays

### Library Story Times

Maud Smith Marks Infant Storytime, 10:15 am  
Katy Branch Library Potato Tots Storytime on 1st and 3rd Wednesday at 10:30 am  
Katy Branch Library Preschool Storytime 2nd and 4th Wednesdays at 10:30 am  
Cinco Ranch Branch, School Age Programs 2-3 pm (Starting June 8)

## Wednesdays & Thursdays

### Cinco Ranch Branch Family Storytime

10:15 and 11:30 am

## Wednesday and Friday

### Yoga on the Green

9 am  
Yoga classes will be held every Wed and Friday at 9 am. Please check with your doctor before participating in these or any other exercise classes. Don't forget to bring your mat, a towel, and a bottle of water.  
[www.katy.com/events/event\\_details.php?event\\_id=5578&event\\_date\\_id=26714](http://www.katy.com/events/event_details.php?event_id=5578&event_date_id=26714)

## Thursdays

### Laughter Yoga at Central Green

FREE 9-10 am  
[www.katy.com/events](http://www.katy.com/events)

### FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company  
5-9pm  
[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)  
The Health Museum  
2-7pm  
[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)  
Houston Museum of Natural Science  
Permanent Exhibits Free on Thursdays  
2-5pm  
[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)  
Children's Museum Houston  
5-8pm  
[www.cmhouston.org](http://www.cmhouston.org)

### Library Story Times

Maude Smith Mark Branch Toddler Storytime 10:15 am  
Cinco Ranch Branch Middle School Programs  
Every Other Thursday, 3 pm  
[www.hcpl.net](http://www.hcpl.net)

## Fridays

### Fun and Fitness Gymnastics - Friday Night Fun!

7:30-10:30 pm  
Bring the kids in for some Friday night fun!  
Ages 5+, Members: \$15 Non-members: \$20  
Team: \$10  
[www.funfitgym.com](http://www.funfitgym.com)

### FREE Yoga on the Green

[www.katy.com/events](http://www.katy.com/events)

## Fridays & Saturdays

### Live Music in the Plaza

City Centre  
Come enjoy live music in the plaza every weekend\*! A new line-up with performance times is posted every week; enjoy a wide range of sounds, from smooth jazz to pop, and classic rock to country. 6-9 pm  
[www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza](http://www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza)

## Saturdays

### Saturday Farmers' Market Katy, TX

Free Farmers Market On Grand Parkway  
Come meet the hands that feed you. We offer you local sustainably grown produce, locally raised meats, farm fresh eggs, local raw honey, freshly baked bread & baked goods, jams & jellies, spices, snacks, multi-cultural foods, Artisan crafts & gifts, handmade soaps & spa products, Texas-raised herbs, flowers, plants and much more! We Grow It, Bake It and Make It! We are your friendly neighborhood Farmers' Market!  
Leashed pets welcome.  
[www.fb.me/e/1WaiEPSrh](http://www.fb.me/e/1WaiEPSrh)

### Katherine Tyra Branch Library at Bear Creek Family Storytime Wagging Tails with a Certified Therapy Dog!

Every Saturday at 10:30 am

### Kids Workshops at Home Depot

1st Saturday of the month  
Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online - while supplies last.  
9am-12pm  
[www.homedepot.com/c/kids?cm\\_sp=vanity-\\_-Kids\\_-JUL20](http://www.homedepot.com/c/kids?cm_sp=vanity-_-Kids_-JUL20)



# Fort Bend ONGOING EVENTS

## Sundays

### Sugar Land Town Square Sundays in the Square Yes Yoga

These FREE yoga classes will be led by Erin Cummings, owner of YESyoga, and will be a 60 minute vinyasa based class open to all levels of yogis. Please bring your own mat and water, no mats will be provided.

[www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all](http://www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all)

### Jazzy Sundays in the Park

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park [www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14](http://www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14)

### Michaels Make Break

2-4 pm  
[www.michaels.com/instoreevents](http://www.michaels.com/instoreevents)

## Mondays

### Playtime in the Plaza with Jolly Trolley

The tremendous, tumbling, tossing, traveling trolley is coming to Town Square every Monday! Welcome aboard a trolley to enjoy a magical moment of play for up to two hours. Drop the kids off and enjoy some afternoon me-time while they watch your children.

12-2 pm Ages 18 months to 5 years  
Fee \$15 for 30 minutes, \$20 for 1 hour.  
[www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/](http://www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/)

### Sugar Land Branch Library Middle School Program

3 pm

### Sienna Branch Pajama Night Story Time

6:30 pm

### University Branch School Age Programs

2:30 pm

## Tuesdays

### Mission Bend Middle School Program

1st and 3rd Tuesday at 2 pm

### University Middle School Programs

2nd and 4th Tuesdays 2:30 pm

### Cinco Ranch Pajama Story Nights

1st and 3rd Tuesdays 6 pm

## Tuesdays and Wednesdays

### Fulshear Branch Family Storytime

10:30 am

### Fulshear Branch School Age Program

2 pm

## Tuesdays, Wednesdays and Thursdays

### Storytimes

Sienna Branch Family Storytime 10:15 am

First Colony Branch Family Storytime 10:15 am

Mission Bend Branch Family Storytime 10:15 am

University Branch Family Storytime 10:30 am

## Tuesdays and Thursdays

### Sugar Land Branch Library Family Storytime

10:30 am

## Wednesdays

### Sugar Land Branch Library Family Programs

5 pm

### Mission Bend Branch Pajama Night Storytime Every Other Wednesday

6:30 pm

### Albert George Branch School Age Programs

3 pm

### Cinco Ranch Branch School Age Programs

2-3 pm

## Wednesdays and Thursdays

### George Memorial Branch Family Storytime

10:15 am

### Albert George Branch Family Storytime

10:15 am

### Cinco Ranch Branch Family Storytime

10:15 & 11:30am

## Thursdays

### FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company

5-9pm

[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)

The Health Museum

2-7pm

[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5pm

[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)

Children's Museum Houston

5-8pm

[www.cmhouston.org](http://www.cmhouston.org)

### George Memorial Pajama Night Storytime

6 pm

### First Colony Branch Middle School Program

Every Other Thursdays 3 pm

### Mission Bend Branch School Age Programs

3 pm

### Albert George Branch Middle School Program

2nd Thursday 2 pm

### Cinco Ranch Branch Middle School Programs E

very Other Thursday 3 pm

## Fridays

### Free fitness in the Plaza

Sugar Land Town Square Boot Camp with Cida Fitness 9-10:00 am, Mommy & Me with Inspired Fitness 9:30 - 10:30 am, Zumba with Cida Fitness 10 - 11:00 am

HIIT (High-Intensity Interval Training) workout with F45 Sugar Land! Join F45 Training for a 45-minute HIIT workout that is fast, functional and results driven. The workout will include body weight exercises that are scalable to all fitness level.

Discounts on memberships will be offered to all participants – start your weekend on the right note with this FREE lunch-time workout!

Fridays at 11-11:45 am

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

## Saturdays

### Saturday Farmers' Market Fulshear, TX

The Fulshear Farmers' Market offers a vast array of produce and food products that were grown or produced within a 200 mile radius of Fulshear. The lineup includes seasonal vegetables and fruit, fresh seafood, Artisan breads, pastured Red Wattle pork, Dorper lamb, Certified Grassfed Wagyu beef, farm eggs, free range chicken, pies, cookies, pastas, granolas, dried fruit and nuts, Houston Chili Pepper Festival award-winning salsas, soaps, toiletries, Cold-pressed juices, local honey, fresh quail and quail eggs, pecans, local wines, kombucha, BBQ sauces, pickles and canned goods, Indian food, heat and eat meals, locally roasted and blended coffees, plants, and more. You will always find a delicious food truck or two, as well.

[www.fulshearfarmersmarket.com](http://www.fulshearfarmersmarket.com)

### Kids Workshops at Home Depot

1st Saturday of the month

Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online – while supplies last. 9am-12pm

[www.homedepot.com/c/kids?cm\\_sp=vanity\\_-Kids\\_-JUL20](http://www.homedepot.com/c/kids?cm_sp=vanity_-Kids_-JUL20)

# Holiday Baby

## SURVIVAL GUIDE

Enjoying the Season with Your Newborn

By Malia Jacobson



My most memorable holiday seasons didn't involve expensive presents, exquisite decorations, or extravagant meals. I didn't attend swanky cocktail parties or impress my friends with stylish gifts. I survived on reheated lasagna and takeout, accessorized with burp rags, and spent my time gazing at tiny fingers and toes. I was the mom of a newborn.

Having a baby over the holidays transforms the season from merely festive to utterly unforgettable. Sure, it can be exhausting and overwhelming. But it comes with built-in advantages. Friends and family are likely to have vacation time to spend with you. Winter clothes make comfy and flattering postpartum wear. And future holiday celebrations will always be laced with memories of baby's miraculous first weeks.

For parents expecting a bundle of holiday joy, here's how to make the most of this special season.

### GET BUSY WHILE YOU CAN

Holiday tasks can help pass the long late-pregnancy days while you wait for baby's arrival. Before my first daughter's birth in early December, I was a model of holiday readiness. The house was sparkly clean, the gifts wrapped, and the cards mailed. I was finishing my third batch of Christmas cookies when I went into labor.

Three years later, I welcomed our second holiday baby under decidedly different circumstances. The decorations were still in the basement, and there wasn't a wrapped gift or Christmas cookie in sight. Yet my memories of that holiday season are every bit as great as the first. So tackle your to-do list if you can, but don't worry if you don't get everything done. Your newborn won't mind. And looking back, neither will you.

### BABY, IT'S COLD OUTSIDE

According to Dennis Cunningham, M.D., an infectious disease specialist at Nationwide Children's Hospital, parents of babies born near the holidays should take extra precautions to keep their infants healthy. Babies born during the winter months are more likely to catch a viral illness such as influenza and respiratory syncytial virus (RSV), so insist on healthy habits.

Parents, siblings, and guests should wash hands with soap and water before touching baby. Everyone in the family should get a flu shot and a Pertussis (whooping cough) booster. Skip big parties and germ public spaces during the early weeks. When you can't stay home, arm yourself with alcohol-based hand sanitizer, and limit the

### TAKE A PASS ON PERFECTION

A baby changes everything, so don't be surprised if your holiday priorities end up shifting. Easing up on the urge toward perfectionism can help you relax and enjoy the season. Julie Gates of the Gene and Julie Show on Raleigh's WRAL-FM remembers her first holiday season with December baby Sophia. "Forget about Christmas cards and gifts—everything was so out-of-whack and overwhelming with a new baby in the house. So I just took a pass on that year and didn't send anything to anyone. The great thing is no one minded one bit!"

### SPEND WISELY

Pediatrician visits and hospital fees can pile up, adding financial strain to an already stressful season. Plan and stick to a holiday budget to keep spending in check. This is good practice for future years, when you'll be juggling birthday expenses and holiday costs at the same time.

### ASK, AND YOU SHALL RECEIVE

Honesty is a new parent's best policy, especially near the holidays. When friends and family ask if you need anything, speak up and tell them what you could really use, whether it's dinner, help around the house, or an hour of babysitting so that you can grab a nap and a shower. If they're set on buying you something, request gift cards to put toward baby essentials.

### CELEBRATE YOUR WAY

Caring for a newborn may leave you too drained to carry out your favorite holiday rituals, whether they involve decorating gingerbread houses,

pancakes. It's normal to feel disappointed, but skipping a cherished tradition for a year doesn't mean abandoning it forever.

When you're in new-baby mode, holiday celebrations should be simple and flexible. After our second daughter's birth, many of our regular holiday traditions went out the window. So one late-December night, I filled thermoses with steaming hot chocolate while my husband loaded the kids in the car for an impromptu tour of our neighborhood's holiday lights. Both kids dozed off and we enjoyed some much-needed adult conversation. It's one of our favorite memories of that extremely busy season.

### MANAGE GIFT CHAOS

Between new-baby gifts and holiday presents, packages will threaten to take over your already-crowded living space. Stash a pad and pen nearby to jot down who gives what, to make it easier to write thank-you notes later on. Keep gift receipts handy, but save any returning or exchanging until after the holidays, when you can take inventory of gifts and get it all done at once.

### TREAT YOURSELF

One of the best parts about having a holiday baby? You're free to enjoy the tastes of the season without pregnancy-induced heartburn or a full-grown baby crowding your stomach. "Eat whatever you want and enjoy it," advises Kimberly Wyckoff of Woodinville, Washington, who gave birth to baby Abigail in November. "You have months before you have to get into a swimsuit."

No matter how carefully you prepare, your holiday baby will probably throw you a few curveballs. In my experience, it's a near-certainty that your new bundle will scream during a long-awaited holiday party, spit up on Grandma, and have a blowout in a carefully-selected holiday outfit. So stock up on baby wipes, keep your camera nearby, and get ready for your most exhausting, amazing,

A TRULY ENCHANTING  
HOLIDAY DESTINATION  
NOVEMBER 19 - JANUARY 7

# Holiday

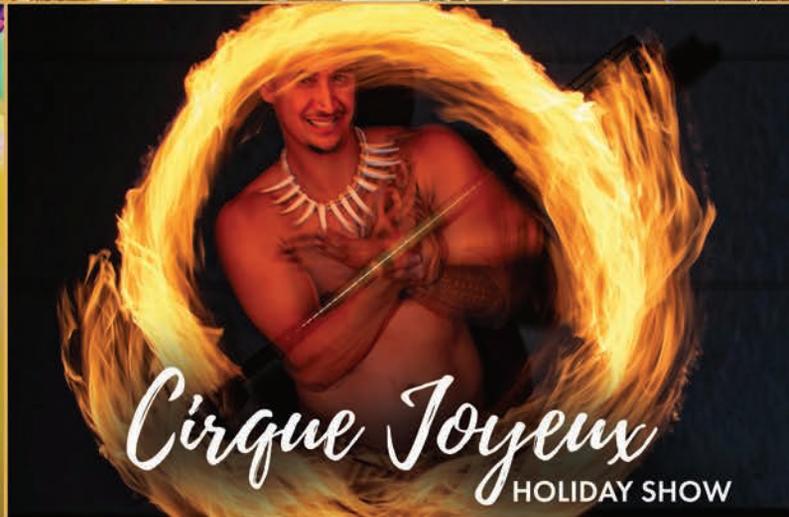
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