

# CELEBRITY BABY BLOG

## Update: Introducing Maxwell Alston Sutter

By Sarah, CBB News Editor

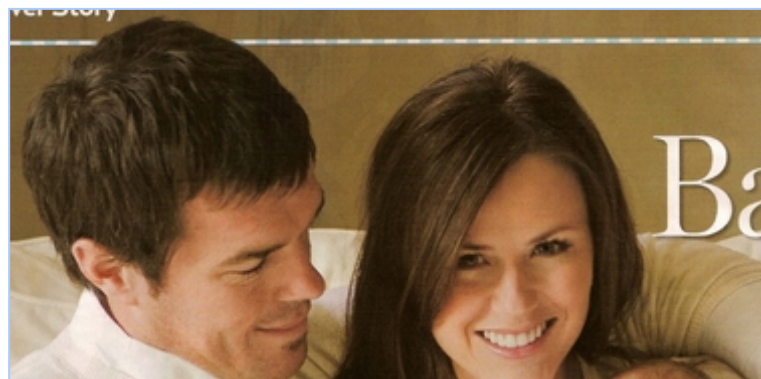


**Update:** We've added a nursery overview.

**Originally posted September 12th:** Reality TV's **Ryan and Trista Sutter** introduce their son **Maxwell Alston**, 7 weeks on Thursday, in the new issue of *Us Weekly*.

*Bachelorette* stars Trista, 34, and Ryan, who turns 33 on Friday, posed with their son -- then 4 weeks -- at their home in Colorado.

Click below for all the photos and interview highlights, as well as an overview of the nursery.





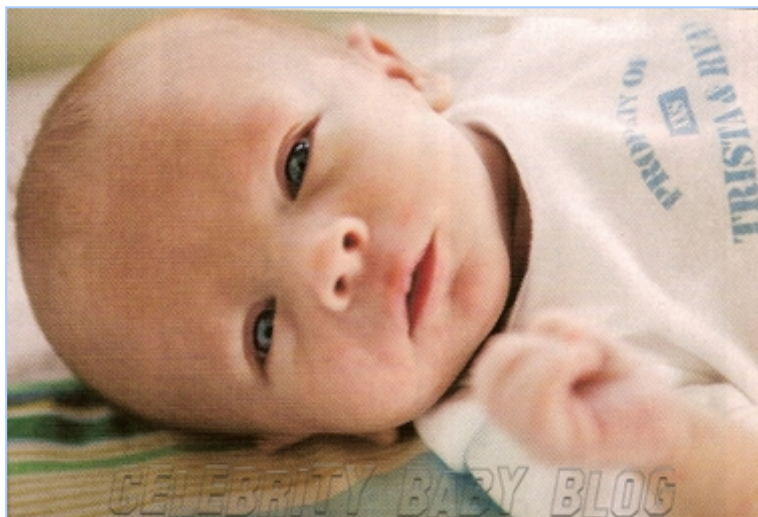
In her seventh month of pregnancy, Trista had **been diagnosed with** gestational diabetes, which was being controlled. However, on July 24, while just beginning her ninth month, Trista was "*terribly nauseous and in a lot of pain,*" which did not subside throughout the day, causing the couple to go to the hospital, Vail Valley Medical Center. Worried, they told their parents to come as well -- Trista's mom is in Denver; her dad and stepmom, St. Louis; and Ryan's parents, Fort Collins, Colo. All of them made it for the birth.

Having found protein in her urine, a symptom of **preeclampsia**, her OB tested Trista, finding elevated blood pressure as well as other symptoms, and diagnosed her with **HELLP syndrome**. This **occurs** in about 10% of women with **preeclampsia** or eclampsia, and includes early breakdown of red blood cells, low platelet count, and elevated liver enzymes. Severe cases of HELLP can be life-threatening to both mother and baby. Trista explains,

*The risks are seizures and coma, so they kept me overnight for observation. I can't remember much of the next day. My liver was failing. The only cure for HELLP syndrome is to have the baby, so they induced me.*

*I was scared and shocked, but I was OK because I knew the hospital could handle a 36-week-old baby. While they were waiting for my cervix to dilate -- I had contractions for six hours -- my levels kept getting worse.*

*I knew something was wrong when the doctor looked worried.*



(Max wears a 'Property of' onesie by Baby Candy (\$19).)

Ryan recalls the difficult decision to change their birth plan and give consent for a C-section, after Trista continued to get worse over the course of the afternoon and evening.

*Around 8 p.m., they got the last round of test results and things weren't going well. They said there was a chance her liver could rupture. They were trying to get us to make a comfortable decision to go with a C-section. Eventually we said if Trista's health is deteriorating and we're jeopardizing the baby's health, then do what you have to do.*

Trista adds,

*It was the scariest thing I've ever gone through, but it was scarier that if the baby wasn't out quickly, things could be bad for both of us.*



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*I felt good and bad: You have this baby in your arms, triggering one set of emotions, and then you have your wife on the operating table with 10 people sewing her up, and that's another set.*

**The birth, from Trista's side:** Because she was sedated, Trista missed some big first moments as a mom.

*I don't have that moment of them saying, 'It's a boy!' And I didn't hear him cry for the first time. I remember Ryan in the recovery room saying it was a boy, and then we talked about the name. I saw Max about three hours after he was born. I used to be a pediatric physical therapist and had worked in a neonatal ICU, so I had seen sick babies. I was scared but comforted that he was 36 weeks.*



**The name:** Alston is Ryan's dad's middle name and Maxwell seemed to go well with it.

**Max's health:** Max needed to **stay in the hospital** for 10 days because he wasn't breastfeeding consistently. He was also put on oxygen as his lungs weren't fully developed, Trista says.

*But the doctors were encouraged by how well he was doing. He turned his head and*



(Announcement by [Lehr & Black.](#))

**Born** four weeks early on July 26th, Max weighed in at 5 lbs, 3 oz and 18 inches long.

**The birth, from Ryan's side:** Ryan was not allowed to be present for his son's birth because Trista was put under, leaving him scared and feeling helpless.

*I was worried, hearing the urgency in the doctor's voices and seeing the activity. I assumed it was life-threatening, and that was tough. That prevents the release of joy you want to feel. When they put her under, I was rushed out. They allow fathers in the OR only if the mother is conscious. For 15 minutes, I sat in this big, empty room with things running through my head.*

*I heard a baby scream and it seemed like it should be Max. I peeked through a window in the OR door. One of the nurses saw me, so I went in and they were cleaning Max off. I thought, 'Wow, it's a boy.' I kind of hoped for that. [The couple had not found out the sex prior to the delivery.] I held him right away. I wanted Trista to be the first person to hold him and see him, but she was heavily sedated.*



**Max's personality:** *"He's mellow except when he's hungry, then he gets grumpy like his dad. Right now, he's breastfeeding every one to three hours."*

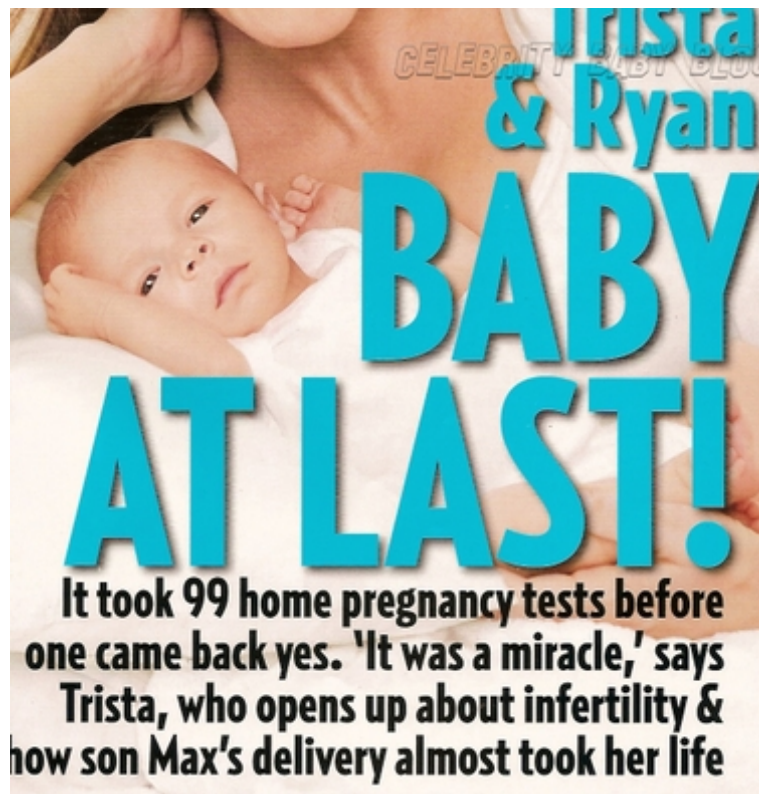
During the shoot, Max cried, prompting Ryan to say,

*You like to whine...just like your mom!*

Max is also a bookworm already -- Ryan reads to him and he loves it.

*I skip the bad words, even though I don't think he can understand.*





**On parenthood:** Ryan says,

*My favorite party of being a dad is watching Trista with Max. After all the hardship, seeing her so rewarded is pretty special. I love to come home to see Trista and Max sleeping -- he'll be snuggled up next to her. I also love showing him off at the fire station and letting the guys get to know him.*

**Trista says,**

*I felt overwhelmed at first -- we don't have a nanny. Not getting a lot of sleep is definitely an adjustment, but Max is totally worth it. Even hearing him cry -- not that it's a good thing -- but hearing a baby cry in my house, because we've wanted one for so long, it's just great.*





**The nursery:** Trista walks *Us* and CBB through Max's nursery. Information on products is under each photo.





(Crib is the [Casablanca premiere slat by Bratt Decor](#) (\$770). Custom bedding by [New Arrivals Inc.](#) Changing table is the [Chelsea removable change tray in buttermilk by Bratt Decor](#) (\$132) Dresser is the [Chelsea double dresser in buttermilk by Bratt Decor](#) (\$1738). Rocker from [Angelsong.net](#) (\$1460) -- their favorite place in the room, cuddled in the chair -- nontoxic paint and an organic mattress by [GreenNest.com](#). Mobile is [Symphony-in-motion in farmyard animals by Tiny Love](#) (\$39). On the wall is a [New Arrivals Inc blue polka dot footprint frame](#) (\$32). On the bureau is a [New Arrivals Inc Blue Stars picture frame](#) (\$36). On the book case is a [BébéSounds Portable Video and Sound Monitor](#) (\$148).)

*He loves the mobile hanging over the bed...it plays Beethoven, Bach and Mozart.*





(Pacifiers by [MyPacifier.com](http://MyPacifier.com) (\$15 for 3).)

*When Max is on his changing table he is always looking around.*



(The brown booties on top of the dresser are **Little Eda baby booties in carmel** (\$30). White sneakers in the drawer are **Ralph Lauren Layette Kids Bal Harbor hi** (\$35). Second cap from the bottom is **Babystyle's softest cap** (\$9).)

Of the neatly folded clothes, Trista says,

*I was in severe nesting mode before he came!*



*We actually had a book shower...it was a wonderful idea from my friend's mom who was a schoolteacher.*

Of the bunny on the shelf, Trista remarks,

*That is the first present Ryan gave to Max.  
He was in an airport and brought it back for  
me when I was pregnant.*



Source: [Us Weekly](#), September 24 issue, pg 70-75; [Baby Chic 101](#)

Thanks to Trista for additional information.



Check out her new line of diaper bags (available October 8th) at [TristaBaby.com](#).