

FOOTNOTES

FOOTHILLS MIDWIFERY NEWSLETTER

February Birth Flower: Violet

FEBRUARY 2023

News!

THANK YOU, NURSE TERA!

If you've had a home visit in the last several months then you had the opportunity of having Nurse Tera at your visit. We're so thankful to have had her tender care the last several months! You may have also noticed that she's expecting herself! Nurse Tera is planning her first homebirth this February/March. Be sure to watch out for her announcement! She'll stop offering home visits in mid-February and the midwives will be filling in for her.



WRITE A REVIEW!

One of the most common ways people find us is through your word of mouth, thank you! After that, we find that many people have found us on social media. We would love it if you would write a review on Facebook or on Google Businesses! If you write a review this month, we'll be sure to feature it!

A FUN DISCOVERY

This month we had an unexpected guest arrive at The Birth Cottage! When Gloria Johnson arrived, Heidi and I were working on administrative tasks together and she came in and asked if we were busy - we're always busy, but we weren't at a birth so we had time to chat! Gloria shared that she had once lived in The Birth Cottage! That's not where the story ends. As she told more of her story it got more and more interesting! We learned that when she lived in The Birth Cottage in the 80's, she was one of the first people in Enumclaw to have a home waterbirth! She wasn't the first homebirth, of course, because those have been happening for centuries. At the time, she had been seeing Mif Decker, a former Enumclaw midwife. Gloria had gone to the library and read about how to have her first homebirth and waterbirth came up in one of the books she was reading - and she was convinced this is what she wanted! Gloria and Midwife Mif went to a waterbirth conference together and now Mif was convinced too. Gloria's decision to have a waterbirth was so interesting to the community that it captured the attention of King 5 News! Gloria ended up with a news reporter at her birth to capture this renowned waterbirth. It's hard to believe but the story doesn't end there! To our surprise, we learned that Gloria's granddaughter had had her baby with us at The Birth Cottage last year, in the same room where her son had his bedroom. Here's a picture of midwife Terah and Gloria from their visit that day!



WELCOME (AGAIN) HEATHER!

We mentioned last month that midwife Heather will be starting in February! We have an official start date of February 23rd! Once she gets to know clients and has met you, then she'll tentatively start being on call for clients mid-March. She'll be on call half of the time. Here's her bio again: "Birth work has been my passion since my son's birth in 1997. My midwife modeled a style of care that I bloomed under and desired to replicate for others.



My training began the following year as a volunteer doula in the prison system where I lived. In 2006, I had the privilege to volunteer at a charity birth center in Davao Philippines while studying midwifery through the National college of Midwifery and Newlife International School of Midwifery. As I volunteered under the supervision of the tireless Filipina staff midwives, I had the opportunity to experience a high volume of births. The families that I served and grew to love taught me so much about the strength of the birth process and beauty of each moment of life.

After completing my education I remained in the Philippines with my family to participate as a staff midwife with Newlife International School of Midwifery and Mercy Maternity. As the charity clinic served the poorest of the poor in our area with quality out of hospital care, I was able to participate in the training of 50+ midwives and interns from all over the world. After spending 8 amazing years in Davao my family and I returned home to serve the Northwest.

Since 2014 I have served in homes and birth centers in Snohomish and King County, while continuing to train aspiring midwives. I've had 1600+ births to shape my desire to offer personalized care to families near me.

My husband and I have made our home in Maple Valley with our 5 children and 1 grandbaby with hopefully more to come. In my time off call I enjoy traveling and spending time with family."

WELCOME, AMANDA!

You may have noticed Amanda and Petra (11 months) in the office this month working at the front desk. Amanda is a senior midwifery student who is learning how to do the front desk and will start going to appointments and births with us in March in order to finish up her senior year of midwifery school. Our goal is always for clients to meet students and assistants ahead of time so we asked her to start early so people can meet her! For now she is bringing her baby Petra while learning the administrative side of midwifery.



Births!

BABY JANIE'S BIRTHDAY PARTY

What was the best part of your pregnancy?

Feeling her move around and knowing a new family member was preparing to come earth side to join in our adventures was the best part of this pregnancy.

What was the hardest part of your pregnancy?

I found out I was pregnant 2 weeks after my brother passed away in a car accident. God had called home one of the most important people in my life at the same time he gave me a new life to grow and share life's adventures with. Finding joy and hope with a broken heart was the hardest part of my pregnancy journey.

How did you know you were in labor?

I felt my contractions getting stronger and longer. The pressure in my back and pelvis kept increasing too.

What will you remember the most about your birth?

She made me wait until her due date then came so fast I couldn't believe labor and delivery went so quick.

What were you thinking with that last push?

She is almost out, I'm almost done.

Birth Story: This was my sixth pregnancy and with the previous ones I didn't carry past 39 weeks, so when 39 weeks came and went with this pregnancy I was a bit surprised. This is my second girl and it has been 14 years since Olivia was born. I waited patiently through a lot of Braxton Hicks



contractions the last week of pregnancy. Then the day before her due date I had little twinges all day long that progressed into full contractions. I started tracking my contractions about 11:00 p.m. I messaged the midwife line at midnight. This was my 3rd out of the hospital birth, my second home birth. My last 2 labors went pretty quick around 6.5 hours then around 4.5 hours, so I was pretty sure Janie would come quickly, but I wasn't expecting how fast she came. I pushed a few times then felt so much back pressure I thought I needed to use the bathroom, so I got out of the tub and sat on the toilet. I started having a contraction right away and thought Lord how long will this pain/labor last and my waters exploded right then. I hurried back to the tub and with the next push her head was out and one more push and she was out. I remember saying she is so small and then asking Terah what time it was. I was shocked... 2:11 am on her due date. She made me wait until her due date, but came faster than all her siblings. For such a small human she made the biggest

entrance. Terah was my midwife for all 3 of my out of the hospital births and from the first day I met her I felt an instant friendship. Having her there for Janie's birth made it even more special and enjoyable. When I realized how fast labor and delivery went I felt like we just broke a record.

BIRTH CENTER TURNED HOMEBIRTH!

What was the best part of your pregnancy?

The best part of my pregnancy was the second half of my second trimester. It was when I felt the best and noticed the least amount of side effects.

What was the hardest part of your pregnancy?

The hardest part of my pregnancy was definitely the fatigue that I had throughout my whole pregnancy. I was not expecting to be as tired as I was all of the time.

How did you know you were in labor?

I woke up to a strong contraction at 2am. About 20 minutes later after timing more contractions, I figured since they weren't stopping or slowing down that I should text my doulas and the on-call number.

What will you remember the most about your birth? The one piece of my birth plan that happened as planned: I caught my baby!

What were you thinking with that last push?

All I could think was to make sure my baby didn't hit the floor of my bathroom, and to figure out where his umbilical cord was.

Birth Story: After waking up to inconsistent contractions at 2am I figured that it would still be a couple of hours before I would head to the birth cottage. I had decided to take a shower to help cope with the contractions since they did feel pretty strong, and to let my husband keep sleeping a bit until I felt I needed his support. Shortly after I got out of the shower everything started progressing incredibly fast, and I decided I needed to wake my husband up because I could feel my baby descending. At this point he knew we weren't going to be able to make it to the birth cottage in time, and tried to get a hold of my doula and midwife. Within 15 to 30 minutes of waking my husband up, our baby was born accidentally unassisted in our bathroom at home less than 2 hours after I had woken up to that first contraction.

BIRTH PROVIDERS:

Terah: Terah is the practice owner and currently going to births 25 days per month. Starting in March, Terah will be on call half of the time and Heather will be on call the other half of the month.

Heather: Heather will get to know everyone starting in February! Approximately 9 months ago, we met and decided to start working together, but it takes a lot to transition away from one practice to another, we are so lucky to have her! She will be working full time, on call for half of the month.

ASSISTANTS:

Christa: Christa is a nurse-midwife who has come to gain more experience working in an out of hospital (community birth) setting. She is currently offering prenatal and postpartum care and attending births as an assistant to Terah.

Heidi: Heidi is one of our two student assistants, she hopes to graduate Spring-Summer 2023 and has been at Foothills since August 2021.

Hannah: Hannah is one of our two student assistants, she hopes to graduate Spring-Summer 2023 and has been at Foothills since August 2021.

Amanda:

Nurse Tera:

ULTRASOUND

Ilyac: Ultrasound technician, Ilyac, comes in every Saturday afternoon from 12-5 and offers pregnancy and other women's health ultrasounds.

WELLNESS CARE:

Brooke: Brooke has been on call for the last few months for 3 - 5 days each month. When Heather starts, Brooke is looking forward to moving into offering wellness care to community members and will no longer be on call for births. Wellness care will include gynecological visits, contraception visits, wellness visits (paps, prescriptions), etc. Brooke will continue to help clients with their prenatal and postpartum visits as well.

BIRTH CENTER CAR BABY!

What was the best part of your pregnancy?

Being able to continue care to term at the birth center.

What was the hardest part of your pregnancy?

Gestational diabetes screening with finger pokes to check glucose levels.

How did you know you were in labor?

When I woke up to painful contractions, even though they were not close together or consistently rhythmic... they were painful and I could tell they were actual labor contractions.

What will you remember the most about your birth?

How fast this labor was 1.5 hours exactly from the first contraction to holding my new baby and giving birth in the front seat of my car right after we pulled into the cottage parking lot.

What were you thinking with that last push?

I was in disbelief that I was giving birth in my car and not inside the cottage!



CHRISTMAS EVE BABY!

What was the best part of your pregnancy?

The best part of my pregnancy was how family centered Terah & the rest of the team at Foothills made it. I loved watching my two young daughters interact and be included in prenatal visits!

What was the hardest part of your pregnancy?

The hardest part of my pregnancy was feeling like there was one hurdle after another that I had never faced with my past two pregnancies. It felt like I couldn't catch a break, but everything turned out perfectly, and we are overjoyed to have a healthy baby boy!

How did you know you were in labor?

I woke up at 3:30 am to contractions about 5 minutes apart. When I woke my husband up, I asked him "are you ready to have a baby?" and his half asleep response was "I have to pee"

What will you remember the most about your birth?

I will always remember how loved and empowered I felt surrounded by my birth team and my family. I am a very 'don't touch me when I'm in labor' person, so I did not want to be touched with the doppler while I was pushing - Hannah immediately pivoted and suggested that I hold the doppler myself. This simple solution made me feel so heard and respected, something I did not feel with my first daughter's birth in the hospital years ago. fast it went! I was so surprised by my 7 hour labor as a first time mom.

What were you thinking with that last push?

FINALLY!!!!



BABY OLIVER!

What was the best part of your pregnancy?

The excitement of older siblings ready for a new brother.

What was the hardest part of your pregnancy?

Realizing it's last time I'll experience all the joys of pregnancy and birth.

How did you know you were in labor?

The pain level of my contractions.

What will you remember the most about your birth?

The openness nature of it.

What were you thinking with that last push?

Finally my baby will be here.

I'm glad this is the way I chose to go about and enjoy my last pregnancy.



"IT'S A GIRL!!!"

What was the best part of your pregnancy?

The anticipation of getting to meet and hold my child.

What was the hardest part of your pregnancy?

The two weeks leading up to birth. My body was prepping for labor big time, it's always a very uncomfortable to painful process.

How did you know you were in labor?

My water broke.

What will you remember the most about your birth?

Laughing with all of you, fully enjoying and embracing the process. The complete shock of being 10cm when I arrived and how quick it all went. 🙌

What were you thinking with that last push?

"Could you please just pull the baby out."

Birth Story: This was the most perfect labor and birth, an answer to so many

prayers over the last nine months. All of you were kind, funny, and so encouraging. My husband and I love to banter and laugh, having a team that just went with the flow, followed our lead while also guiding us was the most beautiful experience I could have asked for.



"COME STRAIGHT TO THE BIRTH CENTER!"

What was the best part of your pregnancy?

Teaching my older son that baby brother was in my belly and watching my older son kiss my belly!

What was the hardest part of your pregnancy?

The hardest part of my pregnancy was trying my best to follow a gestational diabetes diet!

How did you know you were in labor?

I began having stomach cramps that were sharp and progressively got worse each hour to the point where I couldn't get comfortable or rest hardly. Contractions became closer together and more painful to the point breathing techniques turned into screams to release the pressure of the pain. This is when we left for the birth cottage and ended up being 8 cm and 55 minutes later I had my beautiful baby boy successfully in water!

What will you remember the most about your birth?

It was the most empowering, incredible, and terrifying feeling to go all natural and I almost gave up and went to a hospital for pain meds and I am so glad Terah & the Foothills team convinced me to go to the cottage instead. Having their faith in me and placing trust in my body made a world of difference! Successfully had my dream water birth and the emotional support from the team throughout my pregnancy & birth was something I had not experienced before. As time stood still, birth pain does eventually end and that reward of looking at your baby at the end was filled with so much love.

What were you thinking with that last push?

Get the hell out of me! I AM DONE! I want my baby right now! Just please pull the rest of him out for me instead.

Thank you foothills team for believing in me, being so welcoming & comforting throughout the entire process. My son Kolton is healthy, happy and because of the great support here for breastfeeding, I am able to breastfeed my 2nd child!

Tip: When you can't talk through a contraction, that's when you know it's time to head to the birth cottage and meet your baby!!!



OFFICE UPDATES

In December we finished installing the tankless water heater and it's been a great addition, we love having endless amounts of hot water!

In January, we had some drywall repair accomplished in the main bathroom and hallways!

This month we hope to install a new sink in the main birth suite bathroom and begin some exterior paintwork!

STUDENT ASSISTANTS HANNAH & HEIDI

As of January 31st 2023, student assistant Hannah (left) has gone to 106 births, she has 0 births, 2 continuity clients, and 2 planned hospital births before graduation! (Picture courtesy of [The Birth Collective](#)).

As of January 31st 2023, student assistant Heidi (right) has gone to 95 births, she has 5 births, 0 continuity clients, and 2 planned hospital births before graduation!



Thank you for reading!
Warmly, Midwife Terah



And, just a cute picture of a manicure one of our Foothills clients had the day before her gender reveal!