

FOOTNOTES

FOOTHILLS MIDWIFERY NEWSLETTER

MARCH BIRTH FLOWER: DAFFODIL

MARCH 2023

News!

SMALLEST & BIGGEST

We had a wide variation in baby sizes this month. The smallest baby was born at 3lb 11oz (she's doing great! Stay tuned for her newborn announcement) and the biggest was born at 10lb 10oz!

CONGRATULATIONS, HANNAH!

We've had the joy of being a part of student Hannah's journey since September of 2021. On February 24th, she went to her last birth as a student! It was a special birth because it was for a client who she attended one of the first births for with Foothills Midwifery. Hannah will be licensed later this year after taking the national board exams and will join Foothills as a midwife!



ILYA CIGNA

Our ultrasound technologist is in network with ALL insurance companies now, including Cigna!

WELCOME, SENIOR STUDENT AMANDA!

"My name is Amanda Ayotte. I live in Kent with my husband, 1 year old daughter, Petra, and our two rambunctious Australian shepherds. I am also expecting a baby boy in mid-June, which we are very excited about. I enjoy hiking, gardening, cross-stitching, and reading books in my spare time.



I have always been fascinated by birth and remember when my mom was laboring with my youngest sister. Unfortunately, my Aunt thought it was too intense for me to stay in the birth room, so I did not get to witness my sister's birth. However, later in life, I babysat for a lady who was planning a homebirth and she heard I was considering becoming a midwife, so she invited me to her waterbirth when I was 16. It was the most incredible experience! I decided at that moment I wanted to become a midwife.

I started out doing birth work as a doula in 2017 and was accepted into midwifery school in 2019. Now I am in the final year of my midwifery program. I am passionate about supporting women to have the birth experience they desire and watching them be transformed and empowered. I am so excited to be a part of the Foothills team! It is a privilege to join you all on your birth journeys."

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!

WELCOME, SENIOR STUDENT ASHLEY!

"After having a negative experience with providers following the loss of my first pregnancy, I was determined to have a better experience when I became pregnant the second time with my daughter. This was when I became pregnant the second time with my daughter. This was when I first became introduced to midwifery. My midwives advocated for me during my birth and held my hand throughout my entire pregnancy and postpartum journey. I've heard so many traumatic birth stories from friends and family members and so deeply that a positive birth story like mine should not be an anomaly. Thus, a midwife was born! In 2020, I started the Master of Science in Midwifery program at Bastyr University and am preparing to graduate June 2023. I've known that I wanted to be in healthcare since I was a child and pursued pre-med and nursing school, but it never seemed to be the right fit. Before midwifery, I worked as a CNA for many years and also dabbled in childbirth education and doula work. In addition to my program, I also study herbal medicine and am a Certified Lactation Educator hoping to eventually become a lactation consultant. I'm glad that I've found my passion in midwifery and hope to provide safe, supportive, and exceptional care to all individuals regardless of their race, beliefs, social status, sexual orientation or identity.



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When I'm not catching babies, you'll catch me crocheting, drawing, reading, studying, caring for my bunnies, or chasing after my 4-year-old daughter, Niyomi! I reside in Federal Way with her and my husband and grandpa. I proudly identify as a Filipino and Chinese woman and hope to travel after graduation to learn more about my roots and culture. I'm excited to learn from the midwives at Foothills Midwifery and know that their knowledge, skills, and experience will help me become the midwife I want to be!

Births!

FIRST BIRTH IN THE U.S.

What was the hardest part of your pregnancy?

The last 2 weeks of constant false contractions which were quite painful and confusing, accompanied by a terrible sinus infection that fully cleared up with the delivery of the baby.

How did you know you were in labor?

My baby had a regular pattern of moving quite aggressively around midnight, however the night before labor I haven't felt him, which made me rush to the hospital to check on him. Turned out he was fine and i was having regular contractions, by evening the contractions became very intense and close.

What will you remember the most about your birth?

How at ease and comfortable i felt in the cottage, i even accepted water birth even if i stated in my papers that i didn't wan to.

What were you thinking with that last push?

That if i make it the last push i will nOt have to feel pain anymore and i can finally see his adorable face.is almost out, I'm almost done.

LATE TRANSFER TO CARE

What was the best part of your pregnancy?

Seeing that positive pregnancy test! We had suffered a miscarriage a few months prior and getting a positive test was very emotional.

What was the hardest part of your pregnancy?

This pregnancy was overall a lot harder than my first. Lots of nausea, hormonal acne, many sicknesses the last 8 weeks of pregnancy. The mental battle at the end waiting to labor and feeling discouraged and more uncomfortable as each day passed was very frustrating too.

How did you know you were in labor?

I had 2 or 3 strong contractions really close together come out of nowhere and realized go time. I had a desire and a feeling things would move a lot quicker being the second but I did not expect precipitous labor. I was shocked at how quickly my instincts told me time to have a baby, and it was time right now.

What will you remember the most about your birth?

Brooke said the birth angels were watching over me that day. I had a full nights sleep before delivering, it was a beautiful day outside, and a very quick labor and delivery that redeemed previous birth trauma. Everything I could've wished and prayed for happened that day, it was truly blessed.

What were you thinking with that last push?

"I'm almost done" was my pushing mantra I kept repeating to myself internally. I think I even said it out loud once I felt her head come out.



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BIG SISTER BABYCATCHER

What was the best part of your pregnancy?

Feeling her move around inside of me. The flutters and kicks were truly magical!

What was the hardest part of your pregnancy?

Trying to be patient towards the end, when I was so excited and anxious meet her.

How did you know you were in labor?

I woke up and my contractions were already 1-2 minutes apart, and I just was happening. I've had 3 labors and none of them were longer than 3 hours. When my body decides it's time... IT'S TIME!

What will you remember the most about your birth?

My 12 year old daughter stroking my hand and talking me through my contractions. She said the most encouraging and kind things, and to keep me focused through the pain. When the time came to deliver sister, she was right there to catch her!

What were you thinking with that last push?

As the contractions got more intense, and it was time to start pushing, I kept telling myself that as soon as I could push her out, the pain would stop. I kept envisioning how amazing it was going to feel to finally be able to hold her in my arms.



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"I could not have had a more perfect birth experience. I was able to labor in the comfort of my own home. Terah, Christa, and Hannah arrived at the perfect time, and made me feel safe and supported. Having my husband and daughter there to coach me through the labor was amazing. This was my third unmedicated birth, and being able to use my own bathtub for pain relief was extremely helpful. My daughter being the one to "catch" her sister is an extremely special memory that will stick with me forever. They already have an amazing bond, despite their 12 year age gap. Finally, having the opportunity to recover in my own home, in my own bed, gave me such a sense of peace... definitely the cherry on top of a beautiful birth experience! I remain eternally grateful to Foothills Midwifery for facilitating my dream birth!"

MYLA'S BIRTHDAY

What was the best part of your pregnancy?

Experiencing the love of a little life before you even meet them.

What was the hardest part of your pregnancy?

Lack of sleep towards the end.

How did you know you were in labor?

My water broke initially with no contractions or early & inconsistent contractions.

What will you remember the most about your birth?

How patient & open all the women were with me when I thought my body was "failing me" which isn't a thing & almost had to transfer care.

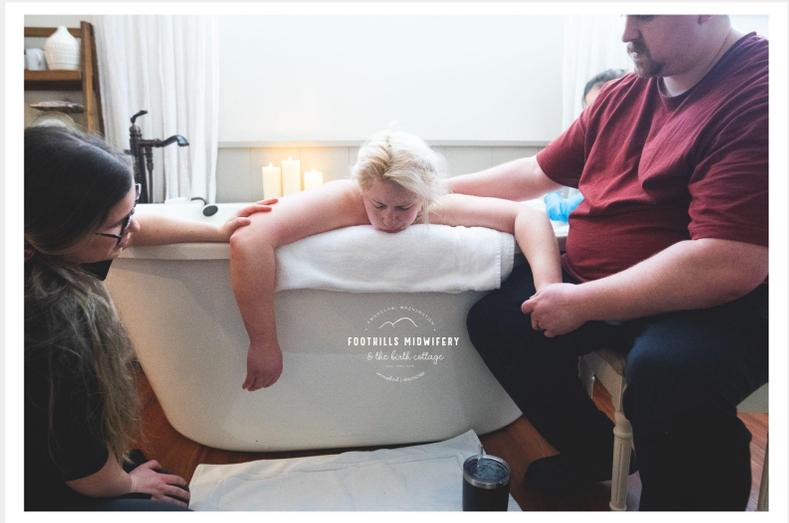
What were you thinking with that last push?

I will FINALLY get to meet her!

Birth Story

Being my first pregnancy and discovering I'm GBS positive really conflicted me from the beginning. Once my waters broke, I wasn't prepared for the "clock" until I should be in active labor to make my out of hospital birth experience happen. I was determined but felt like my body was failing me. Midwife Terah, Heidi and Hannah + Brittney - my doula made the biggest difference in consoling me & telling me this wasn't the case. After trying two rounds of castor oil milkshakes & spinning babies circuits, etc. I opted for what felt like my last hope to do a membrane sweep. I guess only one layer of the sac broke. I think this finally sent me ROARING into active labor almost 25 hours after my water broke. Laboring on the toilet sent me from 5cm to 10cm super quick & 18 minutes of pushing her out in the birth tub!

I'm proud and so very emotional to have my first baby girl & first out of hospital birth. Also couldn't have powered through without my loving & supportive husband driving us 1hr from our home because I refused to give up Terah after we moved. ❤️



A BABY BROTHER

What was the best part of your pregnancy?

Feeling life grow inside of me again

What was the hardest part of your pregnancy?

Fatigue and not being able to keep up with usual activities with my toddler.

How did you know you were in labor?

My water broke, but I didn't start having labor contractions and had to get things going the next morning by nursing my toddler and taking the midwives brew castor oil drink. Contractions came on quickly shortly after.

What will you remember the most about your birth?

Despite being in so much pain, I felt so much peace and trust in my care team and trust in my body. Being surrounded by an amazingly supportive midwife team and family members, how tranquil the birth center is compared to a hospital setting and how grateful my husband and I were to go home the same evening with our bundle of joy! We were so much less stressed and worried than we were with our previous hospital birth. We love a more holistic approach if possible and this birth experience fulfilled those values. Being able to go through labor without the pain meds was the goal for my first born and being able to accomplish that this time around was so rewarding. I just wish more people could have such a wonderful birth experience, I feel like it has been traumatic for so many people I know. We'll forever feel blessed to have had this beautiful experience.

What were you thinking with that last push?

Hallelujah!! / pure joy /relief

SECOND FOOTHILLS BABY

What was the best part of your pregnancy?

My pregnancy presented many struggles but the best part was the last 4 weeks. I felt like myself again!

What was the hardest part of your pregnancy?

Having HG, and getting diagnosed with gestational diabetes. I lost a lot of weight in the beginning as well.

How did you know you were in labor?

Just like with my daughter, moments after losing my mucus plug I got my first contraction, and then they didn't stop!

What will you remember the most about your birth?

How beautiful and smooth it went! I was able to really enjoy my labor and delivery. It was a dream.

What were you thinking with that last push?

"Push him out, push him out harder! Harder!" A quote from my favorite TV show, Friends. HAHA

Birth Story: In my birth video, after my water breaks, I can feel baby coming down the birth canal and starting to come out. Terah asked me if I wanted to try to walk over to the tub, and I said "I can't" and she said to me, so sweet and so matter of fact, "yes you can! You can do anything. You are so strong" That is what gave me the courage to get in that water and reassured me that I CAN do anything! 11 minutes and 2 pushes later, my baby boy was in my arms!

BIGGEST FEBRUARY BABY! (10LB 10OZ)

What was the best part of your pregnancy?

To be honest, I don't enjoy pregnancy. I was sick this entire pregnancy and it was really hard. The best part was that it flew by and there were no complications.

What was the hardest part of your pregnancy?

Vomiting and nausea almost everyday from week 15 until I gave birth.

How did you know you were in labor?

I was very tired that day, and woke up from a nap with contractions that felt more my uterus rather than just my stomach. Then I went to the bathroom and had bloody show, then my water broke soon after. After that contractions came on every few minutes and things progressed fast from there.

What will you remember the most about your birth?

I will remember how quick pushing was! It was amazing. With my first I pushed hours and this one I only pushed for 17 minutes. I was prepared mentally for a much longer labor and everything just happened so quickly which I was really grateful for.

What were you thinking with that last push?

I honestly was thinking "there's no way he's out already!"

"I'm so grateful for Heidi, Hannah and Brooke who were the midwives at my birth. They were all so amazing. I couldn't have asked for a better birth experience. It redeemed my first birth which was so hard and honestly traumatic for me. It was better than I could have hoped and prayed for!"



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OFFICE UPDATES

We finished installing a new sink in the primary birth suite, set up a new office station in the kitchen and we're waiting on dryer weather to begin some exterior painting.

STUDENT ASSISTANTS

As of February 24, 2023, student assistant Hannah has finished all of her birth numbers! (Picture courtesy of [The Birth Collective](#)).

As of March 3, 2023, student assistant Heidi (right)) has gone to 104 births, she has one more primary birth to go!

As of March 3, 2023, student assistant Amanda (bottom left) has gone to 71 births, she has 29 births to go!

As of March 3, 2023, student assistant Ashley (bottom right) needs ~10 births to graduate + ~40 more to be licensed!



Thank you for reading!
Warmly, Midwife Terah