

FOOTNOTES

Foothills Midwifery Newsletter

FEBRUARY BIRTH FLOWER: VIOLET

February 2026

News!

✨Terah is elected NARM Board Member ✨

We are pleased to share that our own midwife, Terah Lara, has been elected to serve as a board member for the North American Registry of Midwives (NARM). NARM is the organization that sets the national standards for the Certified Professional Midwife (CPM) credential and works to ensure that midwives across the country meet rigorous educational, clinical, and professional requirements. NARM's work helps protect families by promoting safe, evidence-based, and accountable out of hospital maternity care. Terah is honored to represent community midwives at the national level and to contribute to conversations that shape the future of midwifery while continuing to serve families here at Foothills Midwifery and The Birth Cottage. Midwife Terah is also a board member at the state level for the Midwives Association of Washington State.

Birth Stories!

BABY ARLEIGH

What was the best part of your pregnancy?

I loved feeling her little kicks and movements!

What was the hardest part of your pregnancy?

The hardest part of my pregnancy was feeling sick in the evenings my first trimester, the only thing that helped was going to bed early and sleeping it off.

How did you know you were in labor?

My water broke getting out of bed and then contractions started shortly after that.

What will you remember the most about your birth?

Right before it was time to push we found that my baby had turned at some point and was breech! It was a huge surprise but everyone stayed calm and handled the change of plans so well! Everything after that happened really fast!

What were you thinking with that last push?

I was thinking about how excited I was to meet my baby!



BABY ROSLYN

What was the best part of your pregnancy?

When I wasn't sick and had energy to do things! 😊 Also, getting to feel her move and then seeing her move from the outside later on in the pregnancy! 🤔

What was the hardest part of your pregnancy?

The morning sickness and fatigue until about 18-20 weeks! I remember being scared to brush my teeth every morning, because I was guaranteed to puke. The almost-always-terrible acid reflux was pretty annoying. And then just being so exhausted near the end 😊 I worked until the day before she was born, so I don't think that helped with being tired!

How did you know you were in labor?

I was having some contractions starting about two days before, just inconsistent! I thought they were more Braxton Hicks and tried not to think much of them... until about 24 hours before the birth, when they started getting a little closer together and more painful, although still inconsistent. Some would be 7-8 minutes apart, others 20-30 minutes apart. But when they happened, I had to stop what was doing and breathe for a minute. I made my husband go to the Buckley Downtown market with me to walk and get tacos & ice cream. We then walked for an hour afterwards too as the sun set, and I made sure to include some curb walking. Yeah, that was my one time doing that ever...

seriously a work out. I was sweatin'! That whole night was full of more painful contractions and the next morning I got checked at 10 am and was dilated to a 3 - I knew stuff was finally happening!

What will you remember the most about your birth?

I think the pain of contractions and pushing was the main thing I remembered the first few weeks afterwards... but looking back now 6 weeks later, I just feel so insanely strong. And that women are amazing and resilient and I feel so proud to be one, and now a mother. I remember my husband and how emotional and present he was. I remember my daughter being put onto my chest and just seeing her for the first time. How perfect she was. I think it was incredibly hard but so worth it. I would do it over and over again.

What were you thinking with that last push?

That she's getting out right freaking now!!! It was my last push before taking a break between contractions again and her head was right there and everything was on fire! I remember thinking that I could not wait another minute and I needed to give it every ounce of energy for one last push. I remember the yelling and pushing with all my might, and she came out so fast after that! I couldn't believe she was finally here. So surreal.



BABY ARCHER

What was the best part of your pregnancy?

Watching my toddler's excitement grow as we went through the throes of pregnancy together as a family.

What was the hardest part of your pregnancy?

The aches, back pain, and getting up more than 4+ times at night to pee caused me to barely get any sleep throughout the entire third trimester.

How did you know you were in labor?

My water broke as I was breastfeeding!

What will you remember the most about your birth?

How I manifested the exact day and time that I would go into labor and give birth as well as how long my labor would be. My birth went EXACTLY how I had envisioned throughout my entire pregnancy. PLUS waiting to find out the gender was an absolute miraculous dream!

What were you thinking with that last push?

I did it!! I finally get to meet my baby!

"I lost my mucus plug around 10 AM on the 6th. I was exactly 41 weeks and had my biophysical ultrasound at 2:20 PM. I got home around 3 PM and warned my husband that I may go into labor today as throughout the entire pregnancy I told him that I was going to go into labor at 4 PM on the 6th and have our baby in our arms by 2 AM on the 7th. So we ate some Taco Time and cleaned out the car for one last time. Little did I know that at 4:14 PM my water would break while breastfeeding my toddler in bed. I called Terah to let her know my water had broken, then tested my amniotic fluid to make sure my water truly broke; it was positive! I had my first contraction at 5:04 PM. They were not too intense and lasting maybe 10 seconds each. My best friend got to the house by 6:15 PM to watch our toddler. By 7:03 PM my contractions had intensified and gotten closer together, and I wasn't able to track them all. So Terah told me to get in contact with my doula. I labored with my doula on the phone, 3 contractions in the side-lying release and 3 contractions doing the inversion position off the couch. That got things moving right along, so at 8:26 PM we left for the birth cottage! I immediately got teary-eyed as soon as I walked into the birthing suite, knowing that soon I would be holding my second precious baby so very soon. Once we settled in, I sat on the birthing ball through contractions until around 9:00 PM, then I walked around the room for a bit. Terah checked me, and I was only 4 cm. Around 9:20 PM, I was lying in bed with the peanut ball between my legs. Somewhere between 9:25 PM and 9:50 PM, we switched the music from spa music to Frank Sinatra. By 11:00 PM I was in Transition! I was sitting on the birthing ball and leaning into my husband through each contraction. Terah checked me one more time, and I was 9 cm! Time to get in the tub! I was so unbelievably hot throughout this whole labor that I just stood in the tub, dreading to sit down. Terah gave me a bowl of ice water to put my hands in to cool me down, and from there it was a dream. It was so important to me to have my husband in the tub with me this time, so I rushed him to get in with me. It wasn't long before our baby's head was out. Terah helped reposition the baby to get their shoulders to come through due to a slight shoulder dystocia. Within 14 minutes of pushing, the baby was out. We finally got to find out the baby's gender... It's a BOY! Our sweet baby boy was born at 12:13 AM on 09-07-2025! He came quickly and safely exactly how and when I imagined him to come. This was my absolute dream birth, and I would do it over again a million times."



BABY LUELLA

What was the best part of your pregnancy?

All the kicks!

What was the hardest part of your pregnancy?

This was my first pregnancy with Gestational Diabetes, so completely changing my diet, all the extra monitoring and appointments!

How did you know you were in labor?

We broke my water and contractions began!

What will you remember the most about your birth?

God's faithfulness. He answered every prayer down to the silly ones, like asking for my baby to have hair 🙏

What were you thinking with that last push?

There is NO WAY I'm already done. NO WAY

The weeks leading up to my birth were filled with a lot of anxiety. After 4 unmedicated births I tend to get pretty anxious knowing what I'm about to go through again.

I was diagnosed with Gestational Diabetes for the first time right at 28 weeks, so the last 3 months of pregnancy were filled with diet change, finger pokes 4x/day, and extra monitoring and appointments. There can be some extra risks with GD, so I really had to lean on the Lord and trust that He had all of this in His hands. Time and time again I felt like he was telling me to surrender to what He had for this birth. Each night I would fall asleep to the Christian Hypnobirthing app which helped me really meditate on God's word and pray over this birth.

I prayed for a fast but tolerable labor, I prayed for a girl (we kept this baby's gender a surprise!), and I even prayed silly things like asking for the baby to have hair and be small! But most of all, I prayed for safety and protection over both of us.

Due to the GD we had talked about trying to induce around 38-39 weeks if my body seemed ready. I had two membrane sweeps at 38 weeks but they didn't do much. At my 39 week appointment my blood pressure was elevated so my midwife, Terah, asked that I take it again later on that day when I had calmed down a bit. I went home, watched a movie and hung out with the kids and when I took my second reading at home it was 142/93. Terah asked if she could come by at the end of the day and check it manually. When she got here, my blood pressure was still pretty high so she explained that if I had a third high reading the following morning it could risk me out of her care and she suggested we try to get things going that night if I wanted to stay out of the hospital. The thought of giving birth that night really put me into panic so I took a minute to walk and pray with my mom and make a decision. I decided if I didn't just do it that night, I would prolong my panic and possibly end up at the hospital so I made the decision to break my water.

My husband put our youngest son to sleep while I turned on my Christian Hypnobirthing and started calming my mind and body. Around 9:30pm we broke my water and I immediately felt peace for the first time. An answer to prayer! My doula, Bree, put me in side lying inversions to make sure the baby was in an optimal position for birth. Around 10pm I felt my first real contraction. From there things ramped up quickly with contractions coming every minute or two. I started to feel a little scared with the intensity but I kept telling myself "just get through this one contraction and you'll get another break". My husband was my anchor while Bree applied hip squeezes and I squeezed my birthing comb (I actually broke my first comb and threw it across the living room after a contraction 🙏)

Not long into contractions I started feeling a little pushy near the end of a few and thought, “there’s no way I’m actually ready to push” when in labor land you lose track of time but I knew I had barely had any contractions at that point. I got into the pool at 10:52pm to try to get some relief (thank God I got in when I did!) and my contractions slowed. Which, for me, usually means transition is over and it’s almost push time. Again, I thought, “there’s no way that was just transition. I can’t be almost done” I had a total of 2 contractions in the water before my body took over and with a primal scream my baby’s head was born. And then with the next contraction, their body. I was in complete shock. We unwrapped my baby from their umbilical cord and brought them to my chest. I could not believe it was over. The immense relief! “Thank you, Jesus”

Then it was time for the moment we were waiting for: the gender reveal! I have 2 girls and 2 boys already. I was fully anticipating a boy, but really wanting a girl. I looked down and was shocked to discover it was a girl! I shouted “yes!!”

Our sweet girl was born safely with no complications, a fast but tolerable labor, with a head full of hair. Oh The weeks leading up to my birth were filled with a lot of anxiety. After 4 unmedicated births I tend to get pretty anxious knowing what I’m about to go through again.

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Our sweet girl was born safely with no complications from GD, fast but tolerable labor, with a head full of hair. Oh, and she was our smallest baby at only 6lbs 14oz! God met me and proved his faithfulness once again. I’m still in shock!

Thank you for reading!

Warmly, Midwife Terah

[PAST NEWSLETTERS LINK](#)