

FOOTNOTES

FOOTHILLS MIDWIFERY NEWSLETTER

January Birth Flower: Snowdrop

JANUARY 2023

News!

CENTERING VISITS!

We're now offering center visits every Tuesday and Thursday from 4:30 - 6pm. Centering visits are group prenatal visits! Your midwife will see you and a few other clients, answer questions, have a discussion topic, and then have a short (5-10 minute) visit with each person individually to listen to their baby. Centering visits will be offered to clients who are not having their initial visit and not for the 24 week and 34, nor 36 week visits. Research shows that centering visits can help improve perinatal outcomes as they foster community with other pregnant people.

WELCOME, HEATHER!

Foothills Midwifery continues to expand! Heather will begin attending prenatal visits in February and will be on call for births starting in March. Terah and Heather will be the two main midwives on call and Brooke will transition away from being on call for births, but still offering wellness visits for clients and community members. Heather: "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."



WHO'S DOING WHAT?

I know there's been a few transitions over the last few months, with new providers it can be confusing on who is doing what. In order for Foothills Midwifery to serve the community, continue to have our excellent outcomes, and offer a broad range of services in one spot, we have several people in different roles. Having more than one birth provider not only gives us some respite, it also ensures that clients will always have a provider who they've met throughout their care. When I was a solo practitioner, if there were two births or if I was sick, I had to call in another community midwife who a client hadn't met. I'm really happy with this new model of care!

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

ULTRASOUND

Ilya: Ultrasound technician, Ilya, 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.

Births!

First Homebirth!

Even though mom and dad knew the gender, all of the other siblings didn't and it was so fun to watch them get to discover they got a new baby sister!

What was the best part of your pregnancy?

My favorite part was getting to feel the little baby kicks and her twists and turns in my belly.

What was the hardest part of your pregnancy?

The hardest part was definitely the last 2 weeks. I hit 38 weeks and it was like my whole body was over being pregnant. Meanwhile my entire pregnancy flew by and was by far my easiest.

How did you know you were in labor?

This was my first homebirth but you'd think with this being my 4th baby that I would know but I still didn't 'know' I was in true labor until my husband insisted that we message the labor pager. Even when my contractions were so strong I couldn't walk or breathe, they didn't 'hurt' so I was sure they'd fade away. I was definitely in denial until I hit the transition phase.

What will you remember the most about your birth?

I will remember being surrounded by my family and the look on my kids faces when they saw their new baby sister.

What were you thinking with that last push?

I could feel her head in my hand when I reached down and I wanted her out, NOW. It was a very uncomfortable feeling. Thankfully she came out almost immediately.



Repeat Client <3

The more clients a baby has with me, the more meaningful our relationship becomes, we're more like besties now! It's like going to a friend's birth. This was the third birth I've been at for Kristen!

What was the best part of your pregnancy?

Baby kicks are always my favorite part. Feeling them move is such a unique experience and I love it so much! This is baby #4 for us so also seeing my older children's excitement about welcoming another baby was wonderful.

What was the hardest part of your pregnancy?

In June of 2021 I graduated dental hygiene school and shortly after began my career working in a dental office. I hadn't worked through a pregnancy since my first, almost ten years ago! It was difficult! My job is challenging already - it's faced paced and physically demanding, working with sharp instruments in peoples mouths. And I love it! But add a pregnant belly and everything that comes along with it and I was counting down to maternity leave. Also working with nausea and heart burn.. that was miserable.

How did you know you were in labor?

This is a tricky question this time around, normally contractions start and it's go time, no looking back. However, Monday I had labored for 8 hours and everything seemed like we were going to meet our baby that day, at 12 days overdue! Then everything stopped around 6pm. That was a first. I went into see Terah Tuesday afternoon to have a second membrane sweep with the hopes of it getting things going again. My water ended up breaking while I was at the cottage and I was 7cm dilated. I wasn't having contractions yet but when my water broke I knew I would be meeting my baby very soon. She was born that night at 10pm.

What will you remember the most about your birth?

That everything worked out exactly how it was supposed to. ♥ My baby girl came out face first and sunny side up. It was a wildly different experience than my other two home births. By far the most challenging of the three. My husband was my rock. He kept me going when I wanted to give up more than I ever had in the past. I will never forget him yelling 'there's my baby girl!' when she finally came out. I'll be forever grateful for having such an amazing birth team and feeling so supported and cared for.

What were you thinking with that last push?

Last one and then you're done. Finally, she's here!



Anthos' Birthday

It was easy to become friends with Codee and Joe! Even though Joe didn't come until later in pregnancy as he was coming from France, I could tell he was going to be a great labor support!

What was the best part of your pregnancy?

Watching my body go through all the changes.

What was the hardest part of your pregnancy?

Being limited in the amount and types of activities I could do. I'm a busy-body so that was a hard adjustment.

How did you know you were in labor?

The contractions started to feel different. Like my whole abdomen/pelvis were constricting rather than just my tummy.

What will you remember the most about your birth?

How 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?

"Push all the way through the contraction." I was aiming for slow steady pushing to give my body time to stretch for him.



First Baby

Seeing Laura for all of her visits during pregnancy brought us all so much joy! She was so excited and emotional to be bringing a child into the world. We looked forward to every visit together.

What was the best part of your pregnancy?

Hearing my little London's heartbeat for the first time!

What was the hardest part of your pregnancy?

The nausea in the beginning months.

How did you know you were in labor?

The contractions woke me up from sleep and I had to jump out of bed!

What will you remember the most about your birth?

The most amazing team that helped me bring this angel into the world and seeing her face for the very first time!

What were you thinking with that last push?

This is it! I can feel her, just one more!

"I feel so empowered and blessed to be able to give and share positivity to other women/ couples about natural birth. The midwifery team and The Birth Collective absolutely helped make my birth what I wanted and supported me every step of the way. From the music, pain coping, to giving birth in the water, and encouraging words this team was my rock. My words to expecting mothers/ families is you were made for this and I'm so excited for you to be cared for the way we were 💜 You are going to rock it!"



Uncomplicated Transfer

I loved being at Haley's home while she labored next to her Christmas tree - holiday babies are the best!

What was the best part of your pregnancy?

The best part of my pregnancy was being able to give my kids a baby brother. My son is over the moon after being the only brother to 3 sisters.

What was the hardest part of your pregnancy?

This pregnancy consisted of a lot of health complications. Sometimes it really felt never ending.

How did you know you were in labor?

Consistent contractions and lots of pressure.

What will you remember the most about your birth?

The intense ride to the hospital and how supportive Terah and her team was when I felt like my mind and body had failed.

What were you thinking with that last push?

I was thinking *FINALLY!* And *woah, this baby feels large!*



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!

January 13-15th, we'll have a drywall repair person in the office repairing some cracks in the drywall (old house problems).

This month we also hope to install a new sink in the main birth suite bathroom!

STUDENT ASSISTANTS HANNAH & HEIDI

As of January 9th 2023, student assistant Hannah (left) has gone to 98 births, she has 2 births, 3 continuity clients, and 2 planned hospital births before graduation! (Picture courtesy of [The Birth Collective](#)).

As of January 9th 2023, student assistant Heidi (right) has gone to 89 births, she has 11 births, 2 continuity clients, and 2 planned hospital births before graduation!



Thank you for reading!
Warmly, Midwife Terah