

# FOOTNOTES

Foothills Midwifery Newsletter



## BIRTHS

### Sammy's Homebirth

A very sweet homebirth that midwife Brooke was able to shadow with us! We were able to do some spinning babies and helped dad catch his second son!

#### In Sarah's Words

##### What was the best part of your pregnancy?

Being Pregnant again, it's been hard for my husband and I to conceive, we have had many miscarriages and it was [everything](#) just to be pregnant again.

##### What was the hardest part of your pregnancy?

This pregnancy I was back to teaching full time, completing a commute of 1.5 hours each way and was extremely nauseous throughout the first and second trimesters.

##### How did you know you were in labor?

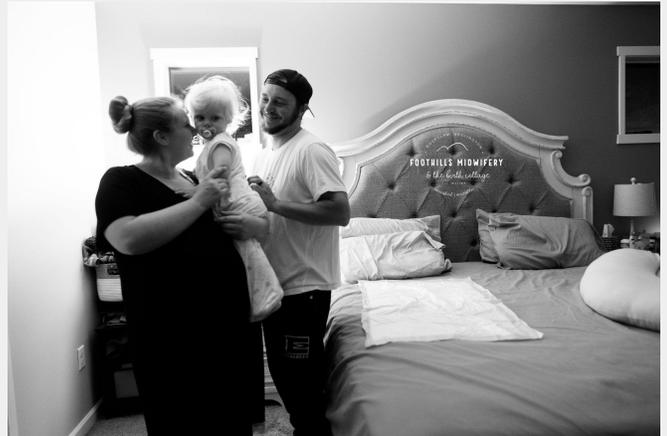
My water broke but the active labor made itself clear with intensity of contractions 😊

##### What will you remember the most about your birth?

How peaceful it was, even when the pushing got hard, it was so nice to have such an amazing team of people around me, and my husband got to take a more active role than the first time. Of course that it was at home.

##### What were you thinking with that last push?

I hope my husband catches him ;) lol. I was actually thinking more about meeting Sammy. You have this human with you 24/7 for almost 10 months and you talk to it, feel it, and have a bond with it, without actually seeing it, so when the time came I was just excited to see what my little human would look like.



### Emersyn's HBAC (Homebirth After Cesarean)

This one was caught by her big sister, big sister was so calm! This is the third baby I have helped out for the Saladis fam!

#### In Becki's Words

##### What was the best part of your pregnancy?

Holding my baby at the end

##### What was the hardest part of your pregnancy?

Having another baby at home

##### How did you know you were in labor?

My moans shift to mooing

##### What will you remember the most about your birth?

How she started coming out on her own and so quick

##### What were you thinking with that last push?

Holy shit



## Noah's Birth Center Birth

I was happy to welcome this client at the end of her pregnancy, thanks to some encouragement from her doula! She had a little longer labor than we expected for a second baby, but it all made sense when her baby was delivered sunny side up!

### In Bethany's Words

#### What was the best part of your pregnancy?

Nesting and preparing everything for baby boy

#### What was the hardest part of your pregnancy?

I was very sick this time around compared to my first pregnancy

#### How did you know you were in labor?

I had been in early labor for a couple of days and things were gradually getting more intense

#### What will you remember the most about your birth?

How hard it was but that I was able to push myself [like I never have before](#)

#### What were you thinking with that last push?

Finally, thank you Jesus!



## Gianna's Labor Day Birthday

Soon after getting the heads up that Stefani was in labor, things moved along very quickly. I walked into her pushing and my assistants missed the birth! When I was leaving, I'll never forget big brother saying "I'll see you next time!"

### In Stefani's Words

#### What was the best part of your pregnancy?

I felt really relax as it was my 3rd pregnancy

#### What was the hardest part of your pregnancy?

Worrying about my baby because I had Covid then got influenza

#### How did you know you were in labor?

My contractions started to get intense

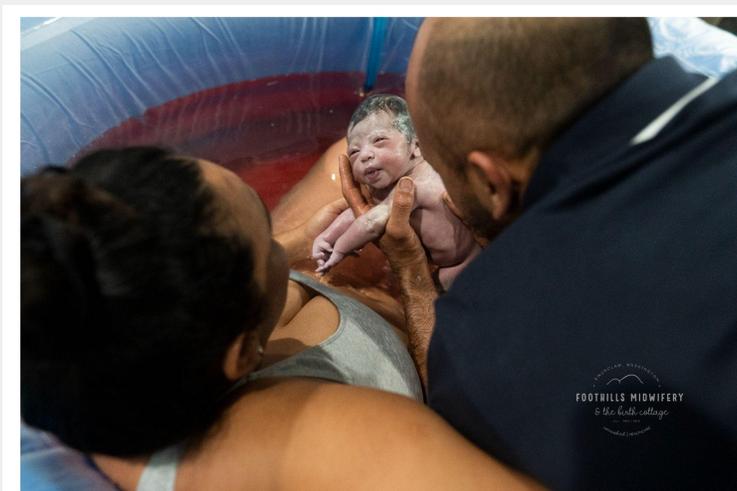
#### What will you remember the most about your birth?

It was my first home birth and it went by really fast

#### What were you thinking with that last push?

[Excited](#) to see my new baby girl

"Just wanted to say how thankful and appreciative I am of everyone at foothills!!"



## Talia's VBA2C! (Vaginal Birth After Two Cesareans)

I'm so proud for Haley! I want everyone to know about her incredible story! Haley was a co-managed client, she saw us for her prenatal and postpartum care, but delivered in the hospital. (Photo credit [Sarah Osborne](#))

### In Haley's Words

#### What was the best part of your pregnancy?

Feeling baby kicks and preparing for my VBAC

#### What was the hardest part of your pregnancy?

Pelvic pain

#### How did you know you were in labor?

Water broke

#### What will you remember the most about your birth?

[Everything](#) 😊 being able to experience an all natural birth after having 2 c-sections

#### What were you thinking with that last push?

This better be the last push because this hurts! Lol



## THANK YOU, STUDENT LEILA!

This month marks our last month with student assistant Leila! It has been such an honor to have Leila be with us helping during clinic and births, we've loved having her calm and cheerful personality around. Leila is currently in Seattle but originally from Michigan, for this placement she had come from Taiwan where she was teaching English to kindergarteners. Leila loves to travel and she's considering nursing school and more life abroad! Leila has gone to over 20 births since she's been with us. Thank you so much Leila.



## UPCOMING: WELCOME, CHRISTA!

I'm excited to announce a unique new apprentice coming! In October, nurse midwife Christa will be joining us. Christa is already a licensed provider but she has been seeking an internship that offers more out of hospital births. Because she's already a licensed provider and has a good deal of experience with providing pregnancy care, she will be conducting about half of Foothills Midwifery's appointments on the same days that Terah is doing appointments. While she'll be doing appointments alone, she'll attend births like our student assistants currently do, learning more about homebirths and birth center births. This is a great opportunity for her and for us so that we can maintain continuity with you and have extra help with client appointments. She'll be starting in the middle of October and will be with us for approximately five months.

### Christa's Bio

Christa is a member of the Diné tribe. She is Red Running into the Water clan (Táchii'nii) and born for the Honey Combed Rock People clan (Tsénjikiní). Her maternal grandparents are Bitter water clan (Tódich'nii'ii) and paternal grandparents are Water's Edge clan (Tábááhí). Christa grew up on the Navajo Nation reservation. She has experience in supporting and caring for birthing parents and infants in prenatal, birth and postpartum since 2012. She continues to support mothers in finding their innate wisdom and through their newborn's feeding journey. She's interested in reclaiming traditional birth practices, plant medicine and using complementary forms of healing to restore the body's balance. She offers care and counseling based on the foundation of informed consent, options, personalized, client-centered, compassion and support. She aspires to bring high quality care and increase access to alternative forms of healing to help decrease health concerns.



## THANK YOU, MIDWIFE CHEMIN!

Thank you to Midwife Chemin for helping out this summer! Chemin was with us from July to September as a locum helping until Midwife Brooke was able to come. Chemin ended up attending many appointments and a few births during her time here, allowing me to spend a little more time with my family and seeing clients on our busy clinic days. Chemin is in Sequim working on opening a birth center in the next year or two!

# WELCOME, BROOKE!

It has been such an honor to have midwife Brooke join us! We feel like she is integrating into our team perfectly, she's compassionate and really believes in informed consent. She's also a passionate believer in [Spinning Babies!](#) Brooke will be on call one weekend per month or Midwife Terah is out of town. She will be offering appointments 2-3 days per month and even offering some well women type care - annual exams, gynecological concern appointments, and contraceptive care (hormonal and nonhormonal options). Brooke moved here from Arizona and lives in a traveling van!



## STUDENT ASSISTANTS HANNAH & HEIDI

As of September 2022, student assistant Hannah (left) has gone to 78 births and has 22 births to go before graduation! Picture courtesy of [The Birth Collective](#). As of September 2022, student assistant Heidi has gone to 76 births and needs 24 more to graduate!



## NURSE - FAMILY PARTNERSHIP

If you have Apple Health (state insurance) and you're having your first baby then you qualify to have a personal nurse through the [Nurse-Family Partnership](#) program. Clients who come through Foothills Midwifery all get the same nurse, Helen Countryman, who lives in Enumclaw. She is an IBCLC (certified lactation consultant) and will do 1-2 home visits in the first week postpartum to help with breastfeeding, do weight checks for babies and for those in financial need can offer food gift cards, diapers, and clothing. They also offer continuity of care and a long lasting relationship with the program of up to 2 years old for your child, with regular check-ins.

## OFFICE UPDATES

By the beginning of October we'll have gas lines installed and a new washer and dryer and a new tankless water heater going in! This will give us a little more space and endless amounts of hot water for the birth tub(s)!

Thank you for reading!  
Warmly, Midwife Terah