

FOOTNOTES

FOOTHILLS MIDWIFERY NEWSLETTER

APRIL BIRTH FLOWER: DAISY

APRIL 2023

News!

AN IMPORTANT LETTER FROM TERAH

Dear Clients,

Over the last decade that I have been midwifing, I have repeatedly heard that there is a lack of relationship based medical care available for the people in our community. I have worked hard to offer the type of care that models empathy and compassion and have developed incredible life-long relationships with most of my clients, but it was always disappointing to hear that this type of care wasn't attainable outside of pregnancy. I kept hearing "I wish you could do 'this'." **I hear you.** As many of you know, for the last few years, I have been working to expand my scope by first obtaining another degree, I've been in full time school while continuing midwifery and while raising my own family too. With this said, this month I was just accepted into a study abroad program that will take me away from Washington for a period of time.

On April 24, my family and I will embark on a long road trip that will take us from Washington to Arizona, and then from Arizona to Santa María Huatulco, Oaxaca, México. I hope to connect with midwives (parteras) here before heading back north to la ciudad de Querétaro, where I will finish my last quarter, ultimately obtaining a degree in Spanish and Psychology.

I want to say that this has been the **hardest** decision of my life to make. Absolutely nothing brings me more joy than to help families in my community welcome their babies into the world, leaving this has made me emotional on multiple occasions (especially when seeing repeat clients/friends back pregnant again). I am looking forward to coming back to Foothills Midwifery in the beginning of November, having applied for medical programs with my newly granted degree, telling you all about my adventures and my next plans!

I know this will not be easy for some of you. I have been a part of multiple pregnancies and births for some of you and that has been particularly difficult for me to accept that I won't be here for some repeat clients. I want you to know that while I may have been there to support you, ultimately **you** are the one capable of the magic! Over the last several months, I wasn't sure if I would be accepted to the program but just in case, I brought different midwives and assistants in and out of the practice in an effort to make sure you would be in the best hands, and I am confident now that you are.

Lastly, I am really looking forward to this special time with my own children. Midwives know that while midwifery is "family friendly" for other families, it's not so much for the midwife's family. My family has been lucky that we have made it so my husband is the stay at home parent, but that means that I haven't been around as much as I would like for a lot of their early years. Traveling with them will give me an opportunity to spend some undivided time with them and show them a side of our latin american culture.

I will continue to be connected to Foothills by providing virtual support, such as virtual visits when possible, reviewing and sending you messages about your lab work, ultrasounds and referrals. Please stay tuned as I share my journey on social media, I will soon share an Instagram page and YouTube page where you'll be able to follow along.

What will change while Terah is gone?

Pictures

I bought a tripod selfie stick so people can take their own prenatal pictures on the photo wall in Terah's room. If clients elect to have birth pictures, I bought a great automatic camera that will be kept at the birth center for birth center births and the midwife and team at your birth will do their best to take pictures that I will edit and send to you. For newborn announcement pictures, we're still figuring out if this is something we'll still be able to offer - I have a couple of team members interested in learning how I am currently taking pictures.

Births

Midwife Heather will be going to births for three weeks of the month.

Midwife Christa and Hannah will be working as a birth team together for one week per month.

Placenta Encapsulation

Our assistant, Ashley, will be taking over placenta encapsulation for clients.

WELCOME, FRESHMAN STUDENT MORGAN!

We're excited to welcome new student assistant Morgan, she'll start with us the second week of April!



"I'm a first-year student midwife in the Master of Science in Midwifery program at Bastyr University. I live in Snoqualmie with my husband, our sweet and sassy French bulldogs and a rescue cat. I enjoy creating with my hands whether that be woodworking, painting or playing in the garden and baking. I spend much of my time outdoors hiking, skiing and biking too.

The magic in supporting the physiological properties of birth comes from the early age of two for me. Growing up on a ranch in Texas, I experienced births from cats and dogs to horses and cows, and it was both fascinating and intriguing. Sitting with the mom and their babies is a favorite childhood pastime that has led me to pursue the profession of Midwifery. Health and wellness are very important to me, beginning as a hobby by supporting the body with plant

medicine, I'm studying how to integrate different disciplines of medicine into a practice of personalized care that ensures a restore of balance and self-regulation of the body. I'm overjoyed and honored to be working alongside the Foothills team and birthing community throughout each of your individual journeys."

GENTLE BIRTH

The Gentle Birth Tincture is a common supplement that our clients begin around 35 weeks. Many people purchased it on Amazon but we recently learned that it will no longer be stocked via Amazon, so we have decided to keep it in stock at the office. "The inspiration for Gentle Birth Formula came from the aged pages of an old wise midwifery guide, where it was used as a tea to tone the uterine muscles and help prepare the mother to give birth. This forgotten but timeless medicinal recipe was brought to life again in 2001, tested and updated to reflect what modern research has taught us. These herbs were used to make beautiful golden extracts and combined to create an easy-to-take, quickly absorbed, liquid formulation to help your body be at its best when labor starts.

Perceived benefits include easier, shorter, and more comfortable labor and delivery, plus a shorter recovery time. Strengthens and tones the uterus in preparation for labor, speeds healing and recovery. Provides support for a smooth, less painful delivery and may reduce the need to induce labor.

Recommended by midwives and doulas and perfect for making a labor prep tea in the third trimester. Gentle Birth Formula has become a favorite of midwives who attend home births and even doctors comment on the smooth and easy deliveries mothers experience who use it. Today it's used in many countries around the world, including Canada, Europe, Asia, Central and South America, and Australia. Count our Gentle Birth formula among your labor must-haves, and help your body be at its best when labor starts."



CONGRATULATIONS, HEIDI!

In March, our student assistant Heidi finished all of her community birth numbers! She went to hundreds of prenatal visits, hundreds of postpartum visits and went to 80 births with Foothills Midwifery! So thankful for her reliable and calm presence for the last several months. Heidi will continue to work at Foothills as our main administrative support person and a per diem birth assistant while she takes a break from being on call. Her hope is to add a lactation consultant credential in addition to her midwifery license.



LOBBY DAY

Every year, the midwives of Washington State have agendas that increase community access to midwifery care, this is part of why midwifery in Washington State is so great! In March Terah was able to attend and advocate for midwives. Historically, this is how we've been able to get in network with insurance companies, be reimbursed by Apple Health, be able to have access to medications for clients, and be able to open up birth centers. Midwife Terah met with one of our senators who had his own children at home!

A GIFT

Over the last few years, we have noticed how generous people are towards the birth center! We've received chux pads donations, homemade baby blankets and hat donations, and this month we got a beautiful Picasso print donated by a local Enumclaw resident, Laura. She just popped in one day and asked if the birth center would like it and we are so thankful for her generosity! Our Picasso print is now residing above our reception area in the kitchen!



ALL OF US:

Midwife Terah: Primary birth midwife and director.

Midwife Heather: Second primary birth midwife.

Midwife Christa: Third primary birth midwife

Midwife Brooke: Wellness midwife, offering contraception visits, wellness visits, pap smears, gynecologic visits, etc.

Assistant Hannah: Soon to be midwife (July 2023), currently an office assistant and birth assistant with Christa

Assistant Heidi: Soon will be graduating from midwifery school and will maintain a lead administrative role and per diem birth assistant.

Assistant Amanda: Primary student midwife assistant.

Assistant Ashley: Primary student midwife assistant.

Assistant Morgan: Freshman student midwife assistant (starting mid April).

Office Assistant Linnéa: Supports our lead administrator.

Ilya: Ultrasound technologist

HOSPITAL INDUCTION

What was the hardest part of your pregnancy?

Feeling all her kicks and movements! We always got a good laugh when she would hide from dopplers, it always took multiple nurses to catch her during non stress tests even at 36 weeks!

What was the hardest part of your pregnancy?

Transferring care at 33 weeks due to preeclampsia and having to come to terms with a hospital birth. We had to advocate really hard to go past 37 weeks since I was considered mild and my blood pressure was staying consistently low.

How did you know you were in labor?

After spending over 48 hours ripening my cervix they finally decided to start pitocin and that is when my body kicked into gear and the contractions became so intense we knew baby was ready to make her appearance.

What will you remember the most about your birth?

How long the induction process was and being able to finally meet our baby girl after that long process!

What were you thinking with that last push?

We finally get to see who she looks like! She was very stubborn and we went our whole pregnancy with no face or profile pictures from ultrasounds.



FIRST BABY, BIRTH CENTER

What was the best part of your pregnancy?

Feeling my baby move inside me!

What was the hardest part of your pregnancy?

Feeling sick at the beginning

How did you know you were in labor?

My water broke!

What will you remember the most about your birth?

Holding my baby for the first time

What were you thinking with that last push?

I'm almost done!

SOPHIA'S WATER BIRTH

What was the best part of your pregnancy?

To be honest I didn't fully love it, but I would say the best part was the love and support I got from my husband!

What was the hardest part of your pregnancy?

Lower back pain and horrible insomnia.

How did you know you were in labor?

When my water broke at 7am and contractions started a few minutes later!

What will you remember the most about your birth?

The moment she came out and I was able to finally see what she looked like!

What were you thinking with that last push?

After her head was out I just thought I needed to push through the pain one last time and it would all be finally over.



34 WEEK BIRTHDAY

What was the best part of your pregnancy?

When I found out that she was a girl

What was the hardest part of your pregnancy?

The back pain

How did you know you were in labor?

I didn't! I thought I was having Braxton hicks/ false labor

What will you remember the most about your birth?

How fast everything was and how surprised I was when the doctor said they could feel the head

What were you thinking with that last push?

Oh my God this is really happening

Birth Story

"I've always wanted to name my first daughter after my great grandmother Florence. I didn't think I could be in labor almost 6 weeks before her due date. Thank God Terah told me to get evaluated at St. Joes because little Flora had already made up her mind. Eleven minutes after checking in, Flora was earth side on a triage gurney in the ER. At 3 lbs 11 oz Florence shares her birthday with her great great grandmother Florence! After a short 13 day stay in the NICU, our little flower is home and flourishing."

WILLIAM'S BIRTH CENTER BIRTH

What was the best part of your pregnancy?

Finding out we were having a boy!

What was the hardest part of your pregnancy?

Labor & Delivery. The rest of the pregnancy flew by and I was busy with farm chores up till the day my water broke.

How did you know you were in labor?

My water broke at 4am Tuesday, but it wasn't until I naturally induced labor at 3pm Wednesday that the party really began.

What will you remember the most about your birth?

The amazing Midwife team, my Doula, and Family, that kept me going despite being tired, cranky, and scared 27 plus hours of labor. They encouraged me and stood by me so that I could eventually have the natural birth I wanted.

What were you thinking with that last push?

This has to be the last push, I have nothing else to give, make it count!



after

NURSE TERA'S HOME BIRTH

What was the best part of your pregnancy?

My prior two children were hospital births so being able to experience this pregnancy at the Birth Cottage was truly amazing. I loved being able to bring my entire family with me and my older girls loved being involved in all the appointments. It was a much more intimate experience and allowed my family to bond more with our new baby.

What was the hardest part of your pregnancy?

My pregnancy was a breeze until the last month or so. I had a lot of pelvic discomfort and fatigue which prevented me from doing a whole lot.

How did you know you were in labor?

I had been having frequent, timeable Braxton hicks for a couple weeks so it took me a while to know I was in true labor. My labor started with...



(continued from the previous page) ...painless contractions every 5 minutes and they progressively got more intense. I had my husband notify our family and I notified the midwife team once I couldn't move through contractions anymore.

What will you remember the most about your birth?

The aftermath. Being able to hold my baby without interruption. Calling in my older kids, mom, and in-laws to come meet our sweet new girl. Getting into my bed and being brought pancakes and bacon while baby got her assessment. My birth team quietly cleaning up all evidence of a birth while my family and I stared at Hannah's sweet face. I know my memories of the pain and intensity will fade, they already have. But I will never forget the aftermath!

What were you thinking with that last push?

I remember thinking "can we just go to an OR and cut this baby out?" And then realizing it's too late for that and I had to push her out myself.

STUDENT ASSISTANTS

As of March 31, 2023, student assistant Amanda (bottom left) needs 14 more births to graduate + 25 births to be licensed!

As of March 31, 2023, student assistant Ashley (bottom right) needs 7 more births to graduate + 37 more to be licensed!



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Thank you for reading!
Warmly, Midwife Terah