

FOOTNOTES

Foothills Midwifery Newsletter

AUGUST BIRTH FLOWER: GLADIOLUS

August 2025

News!

✨Saturday Appointments ✨

As many of you know, Midwife Terah has been hard at work in Physician Assistant school this past year. This September marks an exciting new chapter as she begins her clinical training!

She will be starting her first four-month rotation right here in Enumclaw with Dr. Tanya Wilke - a longtime physician who Terah has collaborated with patient care for over 12 years. Beginning September 22nd, Terah will be at Dr. Wilke's office Monday through Friday. To continue offering care at the Foothills, she will begin seeing clients on Saturdays starting that very next weekend!

And don't worry - Midwife Brooke P. will continue to be available for appointments as well, ensuring that families have plenty of support and continuity of care.

Terah Joins MAWS Leadership

We're excited to share that Terah has been nominated to serve on the Board of Directors for the Midwives' Association of Washington State (MAWS)! MAWS is a professional organization that advocates for midwives, protects access to midwifery care, and works to improve health outcomes for families across Washington. Serving on the board is a meaningful opportunity to contribute to statewide efforts that support midwives, strengthen collaboration with other healthcare providers, and ensure families continue to have access to safe, respectful, and community-centered care.

Terah is a part of other boards as well;

- Smooth Transitions Liaison: Smooth Transitions is a non profit that works to strengthen collaboration between midwives and hospitals, ensuring safe, respectful, and seamless care when transfers are needed.
- WAPA Medex Student Representative: The WAPA Student Representative serves as a vital link, fostering communication between PA students and the organization's governing body to ensure student voices are heard and represented.

Welcome, Yael!

I'm so excited to welcome a new student midwife to our practice, Yael! Some of you may recognize Yael from when she was working with Mercedes. Yael is moving to the next phase of her student midwife journey with midwives Terah and Brooke! "Greetings! My name is Yael Woods (prn. Ya-el). I am a senior midwifery student at Southwest Wisconsin Technical College. I relocated to Washington from Houston, Texas with my now 18-year-old son, Evan, in February 2024 – learning and growing in my midwifery journey. I am also a certified full spectrum doula specializing in fertility, birth, postpartum and bereavement for the last six years – and running my own business, Purple Lotus Fertility & Birth Services, supporting many moms, babies and families. I'm very excited to be joining the Foothills family as midwife Terah and midwife Brooke's primary student.

I've been deeply passionate about birth since watching my first episode of TLC's "A Baby Story" back in the 90's and have known that I always wanted to be a part of the birthworld, but it wasn't until I had my own experience with infertility and complex pregnancies that I knew I had discovered my purpose and my goal was to support as many women as I could through the process of pregnancy and birth. I became a full spectrum doula and a holistic reproductive practitioner in 2019 and as I continued that journey, I realized that physically and emotionally supporting women wasn't going to be enough. I wanted to be part of the change in reducing the maternal and infant mortality rate for all women but especially black, brown and indigenous women. I began researching ways that I could advocate for women who looked like me. Being able to serve my community and provide a voice for those that are often not seen, heard or valued became the cornerstone of the work that I do. With each client I served, the pull to do more grew stronger and strong and I realized it was time to answer the call and follow my heart's desire to become a midwife. Providing compassionate, heart centered, holistic care for women through all facets of the reproductive journey is what lights my soul on fire and why I am honored and grateful for the opportunity to be a part of your birth story.

As we get to know one another you will likely learn that purple is my favorite color, I am a die hard Prince fan and that I love all kinds of music and writing. In my spare time, I love to go to concerts, Broadway shows, the beach and anywhere I can immerse myself in nature.



Supplement Inventory

We want to let you know that as part of our intentional choice to keep a smaller client volume, we'll also be scaling back the supplements we carry. What we currently have in stock may be the last available to purchase at wholesale pricing. Moving forward, we'll continue to keep a limited supply of essentials—Prenatal Vitamins, Vitamin D, and Ferrasorb (iron supplements)—but all other supplements will be sold until they're gone and will not be restocked

New Tenants

We're thrilled to share that our Rose Cottage community is growing! Please join us in welcoming several new practitioners who will be offering their services here:

- **Not new but still deserves a mention: Dr. Janel** – Pediatric Naturopathy (mygenerationsclinic.com)
- **Mel Wardaugh** – Functional Medicine Practitioner (melwardhaugh.com)
- **Anna Parmater** – Holistic Nutrition Coach & Herbalist (pthholistic.com)
- **Zoe** – Lactation Consultant (riverlactation.com)
- **Two Massage Therapists** – beginning in September and November!

✨ With these additions, The Rose Cottage is becoming an even more vibrant hub for wellness and family-centered care.

Do you know a practitioner looking for space? We currently have **one full room available for monthly rental** as well as **day-to-day options in a shared, fully furnished room**. If interested, please have them reach out to us at **360-226-2362**.

Birth Assistants

We're looking for more birth assistants! If you have experience in healthcare or have worked as a doula - this may be a good fit for you! Send us a text if you'd like to know more or if you'd like to attend the orientation.

BIRTH ASSISTANT
Orientation
August 31, 2025 at 2:00pm

The Birth Cottage is hiring more birth assistants! If you have experience in birthwork &/or healthcare and you'd like to have a flexible call schedule, reach out to us to find out more about orientation!

Birth Assistant Requirements: NRP, CPR, BLS, TB testing, background check, HIPAA + bloodborne pathogens training, birth shadowing, orientation.
Birth Cottage birth assistants make \$300/birth. **RSVP TEXT 360-226-2362**

Birth Stories!

BABY JAXTYN

What was the best part of your pregnancy?

Feeling his little feet kick me

What was the hardest part of your pregnancy?

Indigestion

How did you know you were in labor?

Contractions started and continued and the intensity increased.

What will you remember the most about your birth?

The natural birthing process, trusting my body to do what it's meant to do, and the raw emotion and beauty of it all.

What were you thinking with that last push?

I am bringing him into this world with love, strength and a calm environment, just as planned.

BABY CLAIRE

What was the best part of your pregnancy?

The best part was my two toddlers talking to my belly, rubbing it, and getting so excited for their new sibling. It was such a sweet bonding experience.

What was the hardest part of your pregnancy?

The hardest part was the first trimester exhaustion and the third trimester discomforts

How did you know you were in labor?

I had been having Braxton Hicks for a while, but the contractions started feeling more intense and closer together. After about an hour of that, my water broke—I knew it was the real thing.

What will you remember the most about your birth?

What I'll remember most is how fast everything happened. From the moment I realized I was in labor to when she was born, it was only about 2.5 hours! Even though we had planned to give birth at the birth center, things moved so quickly that we ended up having her at home. Our doula was by our side, and the midwives arrived just five minutes after she was born. What stands out most is how incredibly empowering and supported I felt throughout it all. Despite the sudden change in plans, everything felt calm, peaceful, and beautiful. It was an experience I'll carry with me forever.

What were you thinking with that last push?

I can't wait to see her!



BABY ONYX

What was the best part of your pregnancy?

Letting go the last two days of pregnancy with all its anxieties and truly enjoying life and being around my loving people

What was the hardest part of your pregnancy?

Always comparing this very different pregnancy (pre, during, and labor prep) to my last 2 pregnancies to where I constantly thought something was wrong with my body or baby

How did you know you were in labor?

After what I thought were braxton hicks contractions lasted more than 12 hours. Plus I was convinced it wasn't real to avoid being disappointed if they were to disappear

What will you remember the most about your birth?

How much in denial I was that I was in labor but also how happy I was when I accepted it was real. Walked around the neighborhood and spoke to new faces while in labor, taking a break to laugh when the hose flew everywhere with water in the midst of filling the birth tub up, being able to recognize how time slowed down when my doula, also student midwife, realized she had to put on her midwife hat on to prepare her first catch and lastly push time lasting minutes because the amount of mental fortitude was running out during transition and couldn't possibly imagine having to endure any longer.

What were you thinking with that last push?

Don't run away and LEAN IN! That last push required a scream that could've woke up the neighborhood. Later found out my 15 year old said it sounded like I was being murdered but I'd like to think that scream came with power and intention

[Birth story (Cliff note version)- thought I was in labor 2 weeks straight just to be false alarms, convinced myself I wasn't in labor on Tuesday to prevent disappointment, my best friend texted me that evening whose birthday was the following day and saw that as confirmation as baby being born the next day, contractions ramped up at 10pm, doula came at around midnight, husband was downstairs filling birth tub up, doula realized I started pushing while on my hands and knees upstairs in the bathroom and grabbed my husband, doula caught slippery baby at 12:14, cord wrapped around neck but Onyx was crying so wasn't worried, midwife faced time on phone to explain how to get cord off his neck so calmly that it didn't feel scary, sitting in a pool of blood in my bathroom, midwife arrived probably 10 minutes later got straight to business and had a whole operation. Got me in the bed, exam on me and baby, sister n law making the best meal and became the evening paparazzi, Laughed and told stories, care team left around 4 am.....and I would do it again, MAGICAL! #BeautifulStorm]



Thank you for reading!

Warmly, Midwife Terah

[PAST NEWSLETTERS LINK](#)