

FOOTNOTES

Foothills Midwifery Newsletter

AUGUST BIRTH FLOWER: GLADIOLUS

August 2026

News!

Birth Suite Update! 🌿

Our former backup suite and office space has gotten an upgrade and is officially **Birth Suite #2!**

We also have a new inspection coming up this November that, once completed, will expand our options to include a few additional insurance plan networks.

The new suite has a fresh, cozy feel with light woods and a **Scandinavian cottage-inspired vibe**. We've intentionally kept the inflatable birth pool in this room, since some clients prefer the softer, squishier feel compared with a traditional birth tub.

We'd love to know which space you prefer: our new Scandinavian cottage-style suite or our traditional vintage-style birth suite!



Birth Stories!

BABY LINK

What was the best part of your pregnancy?

The best part of my pregnancy was all of the baby kicks & spending all time with my other three boys - because it made me that more excited for the fourth brother to arrive.

What was the hardest part of your pregnancy?

The hardest part of my pregnancy were the last few weeks due to light bed rest for some preterm labor symptoms.

How did you know you were in labor?

This answer is a little tricky because I technically wasn't 'in' labor. Due to how my previous labors have gone, Terah made a plan with us to start labor on a planned day - so we followed through with our plan and labor started as hoped. I will say, I knew active labor had started due to my more intense contractions.

What will you remember the most about your birth?

The thing I'll remember the most about this birth is how little anxiety I had during this labor compared to my previous labors. It was a sense of calmness that everything was happening just as it should be. Another thing I'll remember is that I didn't have any back labor this time around, so that was a huge relief.

What were you thinking with that last push?

With the last push all I was thinking was, I can do this! I could feel myself being that much closer to meeting my baby and I was so excited.



BABY TALIA

What was the best part of your pregnancy?

Feeling all the kicks this time! With my first I had an anterior placenta so feeling the difference was beautiful.

What was the hardest part of your pregnancy?

For me, the hardest part was the nausea first trimester then having to work with PT since it was hard to get around physically after back-to-back pregnancies.

How did you know you were in labor?

After my first membrane sweep, I lost my mucus, plug and contractions were more regular. Ended up having my water broken and knew we would be meeting her that night.

What will you remember the most about your birth?

After my water was manually broken, we took a walk to Burger Buds to say hello to a friend, knowing it would be our last "just us" date before the baby arrived.

What were you thinking with that last push?

All I remember was smiling after her head came out because I knew we were seconds from holding our baby girl and becoming a family of four.



BABY THEODEN

What was the best part of your pregnancy?

Feeling strong and in-shape right up until birth.

What was the hardest part of your pregnancy?

The first trimester morning sickness and the emotional rollercoaster was brutal.

How did you know you were in labor?

I was actually up in the middle of the night with my sick 2-year-old and felt the first contraction. When we laid down so she could sleep, the contractions started coming more regularly so I knew it was time.

What will you remember the most about your birth?

Just a few minutes of actively pushing before he came out, all in one big push. It felt like an absolute miracle and I could not believe I did it.

What were you thinking with that last push?

When Terah said, "His head is out!" I decided that was going to be the last push. I just kept pushing and out came the rest of him.

This pregnancy was nothing like my first. The morning sickness was harder and the hormones were really affecting my moods, which didn't happen last time. I ended up with a subchorionic hematoma right at the beginning of the second trimester, sprained my ankle a couple of weeks later, dealt with sciatica nerve pain for months in a very active job environment, and struggled with anemia throughout the entirety of the pregnancy. It tested my mental strength for sure. But the last couple of months were honestly wonderful. I had preeclampsia at the very end the first time around, which I was able to avoid this time.



When labor started, on his due date, I couldn't believe it. My daughter was almost two weeks late so I was convinced he would be late too. Since I had been up all night with my daughter, I was absolutely exhausted by the time active labor started. That definitely was working against me. But I am so proud of my body for taking over and doing its job when my mind was telling me I was too tired. My husband was in my ear the whole time encouraging me, telling me I absolutely could do it and was in fact doing it.

When my baby Theo was finally earthside I could not believe I'd done it and I was finally meeting him. He was absolutely perfect. He came out so peacefully in the water and I just remember looking at my husband and thinking, "Is this real?"

My first birth was a bit traumatic so I was a little worried this time around. But the peace and tranquility that I experienced after this one was bliss. A quiet room with my precious baby boy and my husband while the town around us slept. Terah called it my redemption birth, and that it was.

I am so grateful to God for our son.

"THEO": God's gift.

He is truly that.