

FOOTNOTES

Foothills Midwifery Newsletter

OCTOBER BIRTH FLOWER: MARIGOLD

October 2024

News!

Congratulations, Michaela!

We're so happy for Michaela! She's no longer a student! She is now a certified professional midwife! She has met all of the requirements to be nationally certified, she has four more births to go before becoming a Washington licensed midwife. We are so grateful that she came all the way from Missouri with her family to join our team and we're excited to see her back in a few weeks to finish up her last birth numbers!



Welcome Back, Midwife Amanda!

Some of you may remember when Amanda was our student and birth assistant over a year ago. We're so excited to welcome Amanda as part of the Foothills team as a midwife! Amanda will be starting with us on October 29th.

"Hello, I'm Amanda! My husband, Paul, and I have two beautiful children; Petra who is 2 ½ and Theodore who is 15 months. We also have two australian shepherds and we dream of having an urban homestead at our home in Kent. We started with a small vegetable garden this past year and are working on making space for a larger garden this coming year. I started birth work in 2017 as a doula and I attended my first birth in 2008! A friend from church heard I was thinking about pursuing midwifery, so she invited me to her home waterbirth. It was the most beautiful, empowering and magical experience! I knew at that moment that midwifery was what I wanted to do. And now I am actually doing it! I look forward to meeting you all and walking alongside you during this journey."



Births!

BABY DAISY

What was the best part of your pregnancy?

Finding out I was pregnant with a little girl! Having 4 boys and 1 girl at home already our entire family was thrilled to welcome another girl into the mix.

What was the hardest part of your pregnancy?

The last month was the hardest having prodromal labor daily, lava heartburn, sciatica that made it hard to walk and not being able to bend over anymore.

How did you know you were in labor?

Honestly, I didn't really know for sure until my water broke during a contraction. I had painful semi consistent contractions for weeks leading up to giving birth that felt pretty similar to labor contractions. My contractions during labor were pretty spaced out and even with the midwives at my home I thought there was a chance they were going to slow and stop and I would continue being pregnant.

What will you remember the most about your birth?

Finally getting to experience a home birth for my last pregnancy.

What were you thinking with that last push?

Yay!! I did it!! I delivered my baby before my older kids had to go to school so they could meet their new baby sister.



BABY GIRL

What was the best part of your pregnancy?

My pregnancy was very easy, I didn't have any morning sickness or complications. The best part was feeling her movements & kicks, seeing how in love her big brothers already were with her & dreaming about who she would become with her dad.

What was the hardest part of your pregnancy?

The last 4 days were mentally exhausting but overall, there wasn't anything too hard.

How did you know you were in labor?

My contractions were close in time. I wasn't in much pain & everything was very bearable but the timing was close enough that I was told I could come in when I was ready.

What will you remember the most about your birth?

The moment she was brought to my chest. We had a long, hard labor and I was SO proud of how hard she and I worked. I could have never done it without my husband & my sister in law who was my doula.

What were you thinking with that last push?

She's almost here!!!!



BABY ANNELISE

What was the best part of your pregnancy?

Feeling her kicks and movements! ❤️

What was the hardest part about your pregnancy?

The final trimester was where I experienced the most changes in my body. Swelling in my feet, tingling in my hands, the lack of mobility, and the inability to be comfortable in any position for too long.

How did you know you were in labor?

My water breaking and then 5 mins after, experiencing my first wave.

What will you remember the most about your birth?

How fast it all went. It was my first, so I was expecting it to take a longer time than it actually did. It was a lot to process because she was not only coming out fast, but also 3 weeks early. I will also remember how present my husband was throughout my whole labor. I wouldn't have been able to do it without him by my side. I also felt the peace of God through the music I had played throughout my whole labor.

What were you thinking with that last push?

Wow!!! Is this really happening already!?! Thank you, Jesus, for allowing me to be in water for this part. I can't wait to meet our little girl! Wow this really hurts! I will do anything to get done with feeling this pain, just so I could meet her.

[Thank you Foothills Midwives for such wonderful care and support you gave to us during our whole pregnancy and birth journey. 😊😊 Beyond grateful for your care. I know we wouldn't have been able to feel so at peace if it weren't for your heart and soul you all put into the care you gave us. You and the doula were able to settle down my emotions in times of feeling overwhelmed and caught up in the pain of waves. All of you were so encouraging and empowering to be around.

I did not feel as prepared for birth and meeting our little one as I was wanting too, but God knew she needed to come out at that time and ultimately my body knew what it needed to do. I used what knowledge I did have and apparently it was enough for my body to work efficiently at moving her down. All of you made it so much easier to give into the reality that we would be meeting her sooner rather than later. Even though it was still a lot to process, all of your help and encouragement to let my body do what it needed too rather than fighting it really helped me to be ok with what was happening.

Even though I had a second degree tear, I know that my body did what it was made to do and I didn't fight the urges, I gave into them and let them happen. I am so thankful we made it to the tub for a water birth because I knew it would have been way more painful outside of water. At that point all I wanted was for the pain to be gone and to meet her. So I did what I felt needed to be done at that moment, with the ok from the midwives, and I pushed. After 2 or 3 pushes she came out!!! It all happened so quickly, and now she was actually in my arms. All I felt was complete relief and love for this little human in my arms that God had blessed us with. I was honestly still in shock of how fast it all went. It took a couple of days for my mind to catch up to the reality that we have a baby in our midst, but we have continued to thank God for this little blessing He gave to us.]



BABY IVY

What was the best part of your pregnancy?

Labor!

What was the hardest part of your pregnancy?

I had pretty consistent discomfort, I had bruises on the inside and I really didn't like anybody at the time.

How did you know you were in labor?

I started having regular contractions that felt a lot like a period cramp at first.

What will you remember the most about your birth?

How it felt when they laid her on my chest.

What were you thinking with that last push?

I wasn't thinking at all



SUPPLEMENTS IN STOCK AT THE COTTAGE

Calm Magnesium

Thorne Prenatal Vitamins

Thorne Ferrasorb

Thorne Omega Plus

Thorne Rhodiola

Thorne Zinc

Thorne Vitamin D

Thorne Basic B

Thorne Choline

Maxi Milk

Dye Free Aspirin

Klaire Women's Probiotics

Klaire Infant Probiotics

Klaire Children's Probiotics

Gentle Birth

After-Pain Relief

LMNT electrolytes

Dye-free aspirin

OUR TEAM

Midwife Terah: Clinical Director

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

Tina: Birth assistant

Midwife Hannah: Birth Midwife

Midwife Alex: Birth midwife

Midwife Amanda: Birth midwife

Midwife Tinneca: Home visit midwife

Leah: Senior student midwife assistant.

Raelin: Administrative Office Assistant.

Ilya: Ultrasound technologist

Thank you for reading!

Warmly, Midwife Terah

[PAST NEWSLETTERS LINK](#)