

# FOOTNOTES

*Foothills Midwifery Newsletter*

DECEMBER BIRTH FLOWER: HOLLY

December 2024

## News!

### Holiday Cards

We love all of the holiday cards we're receiving with your sweet babies and families - it is a joy to see your families grow!



## Birth Stories!

### BABY FINN

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

Towards the end, feeling all of his little kicks and jabs, knowing that the end was near and I'd soon get to meet my baby boy.

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

The beginning for sure. My previous pregnancy was high risk, and I really want to have a home birth so just the anxiety/thought that something would go wrong in the beginning of my pregnancy again like last time and not knowing if I was going to be stuck on bed rest again.

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

Friday the 13th of Dec (the day before giving birth) I had started to feel very antsy in my body. My body couldn't sit still, I felt like I couldn't think properly just in that moment. I had moments throughout the afternoon as well where I felt pressure down below. 10pm that night contractions started!

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

After laboring for a few hours by myself, I felt like it was time to call the midwives. A moment I had been anticipating for so long. Which I've never had to do before! So that was thrilling and a fun memory I'll have forever!

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

The last push. Now at this point, my birth had taken a turn and I know these things can happen so I was not upset by this at all. But at that last push, I was in a hospital room, confused, half in and out of consciousness, and hubby nowhere near (he had to follow the ambulance) but I knew this was it. The pain would soon be gone and I truly believe pushing is not the hardest part! I knew that I was about to feel that sweet relief!



"Despite not fully getting my home birth, I'm glad I tried! Thankful for my birth team and sweet family friends who were there for me through the hardest thing I've ever had to do!"

**BABY SEVYN**

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

Being able to work up to 41+3

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

The morning sickness in the beginning

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

The contractions didn't stop and were more consistent and getting closer together.

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

Both of my toddlers were there with us, we had another unassisted birth with Hannah on FaceTime because she came so quickly

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

I was in shock it happened so quickly it didn't even seem real

"We are just so grateful for everything Hannah did and her quick actions and knowledge after birth. She worked incredibly hard to make sure my body was stable and knew exactly the right steps to take when I had retained a portion of the placenta. Her calm demeanor helped me get through one of the most difficult things I've ever experienced and I'll forever be grateful for her and I'm so happy she was able to attend my birth on her last day!"



## **BABY FINNLEY**

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

Feeling her move. It's always such a surreal experience.

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

Just overall being uncomfortable and tired. Having two other toddlers that I was chasing after all day long made it hard to rest when I really wanted to.

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

I started getting some cramping in the afternoon that was starting to become more patterned. As it continued to keep going and increasing slowly in intensity I knew was starting.

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

How incredibly fast everything happened. I'm still in shock with the difference this birth was compared to my previous two hospital induction births. It is possible to have the birth you want when you don't involve the hospital or unnecessary interventions.

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

Already!?! I didn't even really feel like I was pushing. I was just letting my body do the work with contractions and with the gravity of standing she came flying out.

About 2 in the afternoon I noticed some mild cramping that continued every 30 or minutes. I had an appointment at the birth center at 4 just to check in. We did a membrane sweep and a cervical check while I was only 1.5 cm dilated but was able to get to a 3. On the way home the contractions started to pick up more by 10 pm they were 5 minutes apart and taking more of my focus. We messaged the pager line and my doula and made it back to the birth center by 12 :20 am. We did another check and I was at a 6. I laid sideying with the peanut ball for a while before feeling like I needed to pee. I was helped to stand and I said "never mind she's here!" Midwife Alex was quick to step in and help catch her as she came so fast she would have hit the floor. She was born at 1:23 am. By 5 am I was showered and back in my own bed at home with my sweet newborn baby.

"We are just so grateful for everything Hannah did and her quick actions and knowledge after birth. She worked incredibly hard to make sure my body was stable and knew exactly the right steps to take when I had retained a portion of the placenta. Her calm demeanor helped me get through one of the most difficult things I've ever experienced and I'll forever be grateful for her and I'm so happy she was able to attend my birth on her last day!"



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## **BABY OLIVER**

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

The support I received from my community! There is something fierce about community moms and the support and love they provide!

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

Going over 40 weeks! As a first time mom I knew I was likely to go over 40-weeks but I started to mentally struggle as my husband didn't know when to take time off work without wasting days prior to our baby being born and I didn't know when to stop working myself. I also felt a lot of pressure like I was doing something wrong the longer my pregnancy got. I'm sure the hormones didn't do me any favors!

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

The contractions! I had contractions that got shorter and stronger for 2.5 days before I gave birth!

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

Being so overwhelmingly grateful I chose to give birth outside of a hospital. Hannah as my midwife, Raelin as my doula and Amanda as my midwife assistant at Foothills gave me so much autonomy and support over my extremely long birthing process. Something special in the universe sent that team of women to be by my side.

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

FINALLY! I had a very long labor and was absolutely exhausted by the time I got to pushing. I'm not sure where I pulled that energy from but he finally came!

"We are just so grateful for everything Hannah did and her quick actions and knowledge after birth. She worked incredibly hard to make sure my body was stable and knew exactly the right steps to take when I had retained a portion of the placenta. Her calm demeanor helped me get through one of the most difficult things I've ever experienced and I'll forever be grateful for her and I'm so happy she was able to attend my birth on her last day!"



## **BABY APOLLO**

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

Knowing I was creating life with someone I love

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

Getting used to a squirming little being inside my belly! And not having subway sandwiches.

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

When Hannah told me I was. The sensation wasn't one I had registered as labor pains, so when I reached out with worry, she reassured me I was in labor and I was going to meet baby soon.

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

Pulling him out of the water and seeing he was a boy! We kept his gender a surprise until he was born.

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

Honestly my body took over and did the job it was created for, so I don't remember much! But I do remember thinking "I gotta get this kid out!"

"I'm post birth just about 24 hours at this point, and as traumatic as birth can be, it's so incredibly beautiful. I still can't believe my body did it! We labored for about 18 hours, and I pushed for less than 30 minutes. Which I guess is pretty amazing as a first timer! Labor and delivery isn't something you can mentally prepare yourself for, you just have to listen to your body and go with what it wants. I keep looking over at my husband holding our brand new son with awe and a full heart knowing I created that and I brought him into the world safely. The pain is worth it, and so much more.

I'm forever grateful to Foothills, my midwife team, my husband, and my son for helping me become a mother."

## Births!

November 6 | Baby Girl | 7lb 3oz  
November 11 | Baby Boy | 7lb 7oz  
November 15 | Baby Girl | 8lb 2oz  
November 14 | Baby Girl | 8lb 0oz  
November 20 | Baby Boy | 9lb 6oz

December 5 | Baby Boy | 8lb 0oz  
December 7 | Baby Girl | 6lb 9oz  
December 8 | Baby Girl | 8lb 15oz  
December 11 | Baby Girl | 6lb 10oz  
December 12 | Baby Girl | 8lb 5oz  
December 14 | Baby Boy | 8lb 15oz

## 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 Andy: Birth Midwife  
Midwife Tinneca: Home visit midwife  
Raelin: Administrative Office Assistant  
Madison: Administrative Office Assistant  
Ilya: Ultrasound technologist

Thank you for reading!  
Warmly, Midwife Terah  
[PAST NEWSLETTERS LINK](#)