

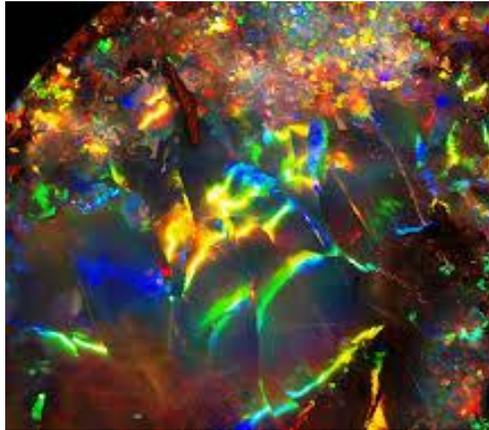
*Freestyle Note:*

## You are a strong Opal woman & the child you are carrying is precious.

*From your Opal friend, Darly - Founder of The Opal Place.*

If you've ever seen an uncut or unpolished opal rock, it doesn't look very impressive & is often easily over-looked. But when the time & care is put into polishing & nurturing that rock, the result is always the revelation of the most beautiful & totally unique gem - **an Opal**

Darly Royan Paraha



Every Opal is unique to itself & has such a depth of beauty that this world sorely needs. You are that precious Opal.

**Beautiful  
Precious  
&  
Unique**

Never doubt yourself or wish that you were someone else. Instead, take the time to start reclaiming who you truly are.

Prison is going to be just a part of your life-story, but you & this child you carry are eternal. **Stand Strong.**

Darly Royan Paraha

## 39 WEEKS PREGNANT

### How Big Is Baby at 39 Weeks?

At 39 weeks pregnant, baby is about 20 inches long and weighs about 7.3 pounds. And baby just keeps growing, despite being so crowded inside your 39 weeks pregnant belly. **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

### 39 Weeks Pregnant Is How Many Months?

39 weeks pregnant is eight months and three weeks pregnant. Next week, you'll have completed nine months of pregnancy, and will reach your due date (that is, if you don't go into labour this week).

*The Opal Place - Our Place of Inspiration*

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# 39 WEEKS PREGNANT SYMPTOMS

Typical 39 weeks pregnant symptoms are similar to what you've been experiencing the past few weeks. Most are signs that labour will happen soon though. This includes:

- **Braxton Hicks contractions.** At 39 weeks pregnant, cramping or tightening of your uterus may seem pretty constant, no matter what you do. Usually these false labour pains start in the front of your body and ease up when you switch positions. You'll know it's real labour when they start at the top of your uterus and become more frequent and regular.
- **Pelvic pressure.** While getting into position for birth, baby may be sitting so low that that your lower torso feels heavy and uncomfortable.
- **Lightning crotch.** Because baby's so low, his or her movements can hit some sensitive **nerves**, giving you sharp sensations in your pelvis.
- **Urge to nest.** Some mums-to-be say they get a surge of energy and strong desire to clean their cell and whole wing right before baby's debut.
- **Mucus plug and/or bloody show.** At 39 weeks pregnant, discharge that's as thick as mucus and sometimes has a tinge of blood in it is your mucus plug. (The blood is, you guessed it, the bloody show.) And while many people consider this to be a sign you'll go into labour soon, there's no exact science to it, so it's hard to say when.

*Do you have any of these symptoms? If you do write or draw about your experiences & feelings:*

## THESE ARE THE SIGNS LABOUR HAS STARTED:

- **Water breaking.** If you feel water leaking out, either in a gush or a trickle, that's probably your amniotic fluid. Most women go into labour within 12 hours of their water breaking.
- **Regular contractions.** Has your 39 weeks pregnant belly been tightening regularly? If the contractions keep repeating and they seem to be coming more and more frequently, you're in labour. As your uterus contracts, it's dilating your cervix so baby can pass through at delivery. If this is your first pregnancy, you may have regular contractions for several hours before you go into what's known as "active labour."

### What If Nothing's Happening?

When you're 39 weeks pregnant an no signs of labour may have appeared yet, that's fine too! The average first-time mum-to-be goes into labour naturally at 41 weeks, and a second-time mum tends to go at 40 weeks. And while some women start to show signs of labour such as a dilated and/or effaced cervix or regular contractions,

etc. it can still be days before they give birth, while other women go from zero to 10 centimetres dilated within hours.



## INDUCING LABOR AT 39 WEEKS

For some women who are 39 weeks pregnant, the doctor might recommend a medical induction. Reasons for inducing labour include complications (preeclampsia, gestational diabetes, a heart condition), placental problems, and infection of the uterus. Induction also may be recommended if you're 39 weeks pregnant with twins or if your water broke but labour hasn't started on its own.

### Question: How do they induce a baby?

**Answer:** If you're being induced, you'll go into the hospital maternity unit. Contractions can be started by inserting a tablet (pessary) or gel into the vagina.

Induction of labour may take a while, particularly if the cervix (the neck of the uterus) needs to be softened with pessaries or gels.

### Question: How long does it take to have a baby after being induced?

**Answer:** It can take from a few hours to as long as 2 to 3 days to induce labour. It depends how your body responds to the treatment. It's likely to take longer if this is your first pregnancy or you are less than 37 weeks pregnant.



### Different Types of Induction

Inducing labour is a way to artificially start the process of labour. There are many different types of induction.

#### Breaking the Bag of Water

Using an item called an amnihook, your practitioner will make a tiny tear in the bag of water surrounding your baby. This will cause the water to begin leaking out. Since the bag does not have nerves, this should be no more painful than your average vaginal exam. The thought is that once the bag is ruptured contractions will usually begin.

#### Pitocin

This is an artificial version of the body's hormone oxytocin. It is given by way of an IV line and is used to cause contractions. The amount of Pitocin used will depend on how your body accepts it.

#### Prostaglandin Gels/Suppositories

These are used more frequently when the cervix is dilated less than 3 centimetres, hard, posterior, not effaced, barely effaced, or any combination of the above. Frequently it will be given more than once over the course of an evening/night. A suppository or tampon-like substance will be placed in or near your cervix.

#### Misoprostol (Cytotec)

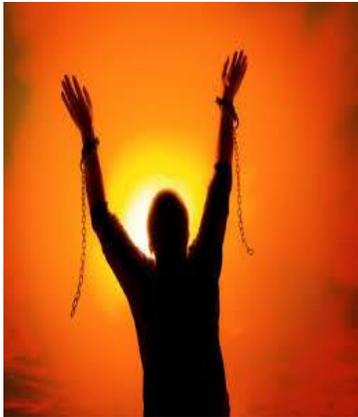
This is a pill that can either be ingested orally or placed near the cervix.

Source: <https://www.verywellfamily.com/inducing-labor-2752930>

Inside your 39 weeks pregnant belly,  
baby's probably able to flex his or her  
limbs now.

Baby's brain is still rapidly  
developing—he or she's getting  
smarter by the week!

Baby's nails may extend past the  
fingertips now.



### Shackles, Hand-Cuffs, Restraints & Chains!

Don't ever let wearing shackles or hand-cuffs define you as a person or a mum. Yes we have to get escorted into hospitals & even go into labour wearing them - but don't you let it bother you - because it isn't personal against you - it's just normal prison protocol.

Unlike you, I wasn't pregnant when I went to prison, but I was taken in hand-cuffs to see my dying foster mother & then in shackles to her funeral. I just held my head high & thought to myself, "well this is sure something to tell the grand-kids about!" & another funny story is: The first time I went to prison I met this awesome woman while I was on remand. She'd had to be escorted on an airplane in shackles. When any people in public stared at her, she looked them in the eye & rattled her shackles and yelled out..." **The Good Lord loves shackles!**"

**Always hold your head high my Opal friend.**

*Darly Royan Paraha*

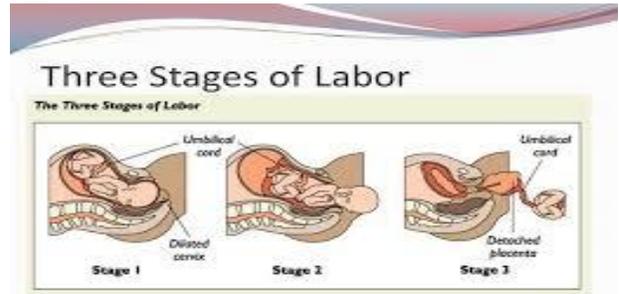


## My Baby \* My Choice of Name \* My Gift for Life

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Kansanita	Fijian	Girl	To make a fire
Rayhaan	Arabic / Bangla (South Asian)	Boy or Girl	A sweet smelling flower that isn't a rose - but something that brings comfort
Qaid	Arabic / Bangla	Boy	A commander of men
Ander	Basque (A region in Spain/France) / Old Greek	Boy	A strong man - a man of the people
Giulia (pronounced: Julia)	French / Spanish / Sicilian	Girl	Youthful
Addae	Africa /Akan / Ghana	Boy	The morning sun

### LABOUR HAS THREE STAGES:

1. **The first stage** is when the neck of the womb (cervix) opens to 10cm dilated.
2. **The second stage** is when the baby moves down through the vagina and is born.
3. **The third stage** is when the placenta (afterbirth) is delivered.



"Childbirth is an experience in a woman's life that holds the power to transform her forever. Passing through these gates - in her own way - remembering all the generations of women who walk with her...She is never alone." *Suzanne Arms*

"Labour & giving birth is not a test. Your body knows how to give birth whether or not you've been to fancy pregnancy classes or not!" *Darly Royan Paraha*



I AM WOMAN  
I AM STRONG



"Women are strong, strong, terribly strong. We don't know how strong until we're pushing out our babies."  
*Louise Erdrich*



"Imagine what might happen if women emerged from their labour beds with a renewed sense of the strength and power of their bodies, and of their capacity for ecstasy giving birth" *Dr Christine Northrup*



"Don't confuse childbirth feelings with pain. In childbirth you're going to FEEL a whole lot of different sensations & movement in places you've never imagined movement before - But these feelings are actually the power of birth. Engage with these feelings & let yourself be filled with awe at the power of your body." *Darly Royan Paraha*

# I am a Strong Woman

Protective & Wise as a Lioness \* Blessed is the Fruit of my Womb

*My Diary Note:*



True freedom is always spiritual. It has something to do with your innermost being, which cannot be chained, handcuffed, or put into a jail.

— Rainerch —

AZ QUOTES

