

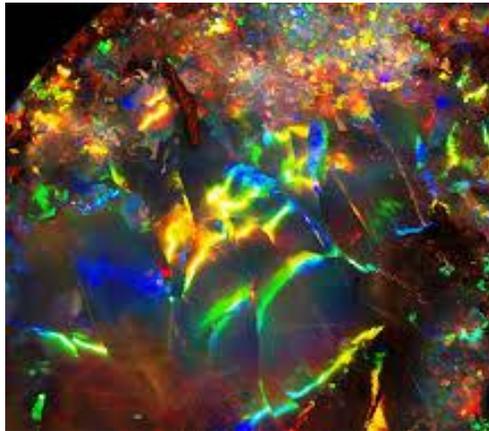
Freestyle Note:

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

40 WEEKS PREGNANT

Well done - You made it!

40 WEEKS PREGNANT SIGNS OF LABOUR

You might be 40 weeks pregnant with no signs of labour. But at 40 weeks pregnant, signs of labour will be here very soon. Let prison staff know right away if you have contractions that are more than a little uncomfortable or keep coming at regular intervals. The other 40 weeks pregnant sign of labour to look out for is a leak or flow of amniotic fluid. This will mean that your water has ruptured or broken. You'll likely know because it will be truly watery, not like typical discharge, and it doesn't stop. **Let prison staff know if this happens.**

The Opal Place - Our Place of Inspiration

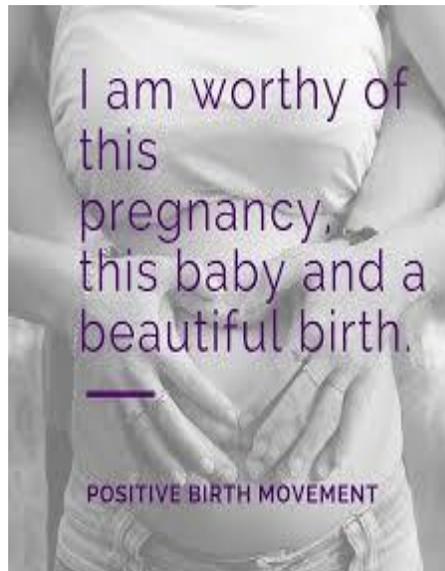
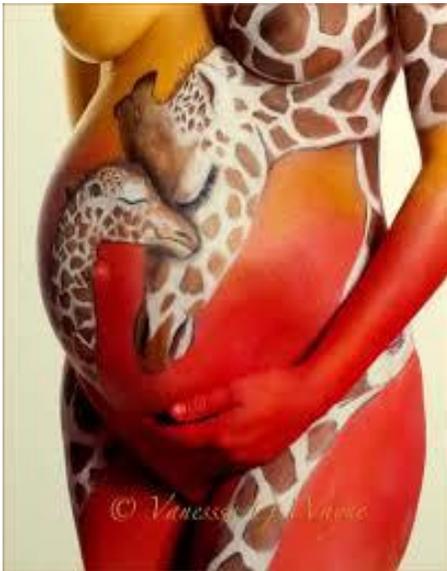
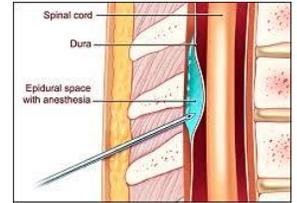
www.theopalplace.co.nz * Postal: Po Box 178, Hawera 4640, New Zealand

INDUCING LABOUR AT 40 WEEKS PREGNANT

Now that you've reached your due date, the medical staff might be talking about inducing labour medically. Whether or not this is necessary will have to do with how baby's doing in there. If baby's perfectly healthy and you have no complications, you might not need an induction at all and can keep sticking it out, even if it takes a few extra days.

Question: What's an epidural?

Answer: An epidural injection is an injection of medication into the space around the spinal cord, also known as the epidural space, to provide temporary or prolonged relief from pain or inflammation.



Let the prison staff know as soon as you think you're going into labour!

The first stage of labour: dilation

Before labour starts, your cervix is long and firm. During the first hours of labour, the muscles of the uterus (womb) contract and help shorten and soften the cervix, so that it can dilate (open).

For first-time mothers, this stage can last from six to 36 hours.

During this time you might experience:

- **Contractions** - some can be quite mild, like a period pain; others can be sharp and strong. Initially the contractions will be short (between 30 to 40 seconds) and irregular. Once contractions are five minutes apart and a minute or more in length, labour is said to be 'established'.
- **A 'show'** - the discharge of a plug of mucus that can be thick and stringy or blood-tinged. This may happen the day you go into labour, or up to a week before.
- **'Breaking of your waters'** - this means the amniotic sac around your baby has ruptured.

Every labour is different. If you think you could be in labour, the first thing to do is relax and stay calm.

Things to do before you get taken to the hospital:

- **Time** - Once contractions become fairly regular, write down the time between each contraction, as well as how long each contraction lasts.
- **Distraction** - watch television, play a board game, read, do crosswords.
- **Relaxation and visualization** - breathe in gently, sigh out slowly, think positive thoughts.
- **Stay mobile** - go for short walks.
- **Massage** - If you have a friend - ask them to massage your neck and shoulder to release tension.
- **A warm shower.**
- **Warm drinks & water.**
- **Eat small and frequent amounts of food to keep your energy levels high.**
- **Sleep** - try to rest and sleep in between contractions.



The second stage of labour: your baby

The second stage of labour begins when the cervix is fully dilated (open) and the baby's head moves down out of the uterus and into the vagina (or birth canal). Your job at this stage is to push the baby through the birth canal, so you'll need focused determination and energy. The birth of your baby may take 30 minutes to an hour or longer. This second stage could be further extended if you have an epidural.

A small number of women will require assistance with their births, either by forceps or ventouse (vacuum extraction). The obstetrician will choose which is best for your situation.

The third stage of labour: the placenta

The final stage of labour is delivery of the placenta. There can happen in one of two ways listed below.

1. Physiological management

Physiological third stage means waiting for your placenta to deliver spontaneously with your effort. This may take up to an hour following the birth; while you're waiting, skin-to-skin with your baby and a first breastfeed will be encouraged.

2. Active management

Active management involves injecting an ecbolic (contracting drug) into your leg as your baby's shoulders are born. The ecbolic speeds up placental separation and your uterus (womb) contracts down to reduce blood loss and ensure your womb remains contracted.

Source: <https://nationalwomenshealth.adhb.govt.nz/womens-health-information/maternity-2/labourandbirth/stages-of-labour/>



What will be
YOUR
first words
to your new-born
Child?

*This is what I
whispered into my
boys ear:*

**I will love you
always**



Take care of
our children.
Take care of
what they
hear, take care
of what they
see, take care
of what they
feel. For how
the children
grow, so will be
the shape of
Aotearoa.

Dame Whina Cooper
Photographer: Michael
Tuberty



*It takes
courage
to grow
up and
become
who you
really
are.*

Involving the lionsess.wordpress.com

Arohanui to you (a huge amount of love to you)

My Opal friend - whether you're in prison for years or even life, you still need to step up & be a good parent & grow as a person so that you can support & inspire your child as they grow to adulthood & beyond.

My now adult son tells me that it would've been so easy for him to chuck in school and give into drinking & drugs during his teenage years, but that the thought of me trying to do my best to educate myself in prison as well as my deep love for him kept him on-track.

For today though: I am so aware of where you are right now & that I'm talking to you from a distance both in time & location. Thing is you are very much in my thoughts and prayers as you prepare to give birth. I'm also hyper aware that dependent on your situation that you may be giving your beautiful baby up shortly after birth while you return to prison.

I know that there is no way I can ease the pain of this parting, but all I can suggest is that you be aware that it's coming and prepare for it in both emotional and practical ways. What you need to hold onto is the **FACT** that you are this child's mum and **NO-ONE** can ever change this. Step-up as a person and be a proud & loving mum **ALWAYS**.

**Be aware that who you are & how you behave will one day form part of your child's-
understanding about themselves and their place in this world,
SO BE THE BEST YOU CAN BE.**

Helpful ideas on planning for a return to prison with-out your beautiful baby.

- Know that it's gonna hurt & that only time will heal this. Look after-yourself during this time.
- Know that even though you are physically apart from your baby, that you are **always** connected to your child. Send them prayers & blessings every-day.
- Really express your feelings in your journal. Draw, write poems, write stories, lyrics, create plans & make sure you capture everything that happened during the birth. Include everything, like how you were transported to the hospital and if you wore shackles. You want to put it all down in **your** words so that one day your child can read about how much they mean to you & so they know your story & who you are.
- Do your best to make sure you have some money in your 'buy-up' account so that you can buy some nice treats. If possible - pre-buy some nice food or beauty products - because you need to **celebrate** your baby & your mother-hood.
- Make a plan, that looks after your body & health (including looking good!) & create a plan to learn & expand your mind. Just because you're in prison don't use this as an excuse to not grow as a person - you will want your child to look up to you. Get excited about your future & your role as a parent/role-model.

& **love yourself**, truly. Also learn to **like yourself** and be your friend. Now that I'm out of prison & years have passed, sometimes in my mind I go back and visit myself in my cell. I wish I knew back when I was a prisoner that the person (other than God) who really & honestly had my best interests at heart was....well....**me**.

Kia kaha - mana wahine.

You can & will be the best Mum for this coming baby.

From your fellow Opal mum, Darly at The Opal Place



Darly & Rhett & her son all grown-pl!

**I am a Strong Woman
Protective & Wise as a Lioness *
Blessed is the Fruit of my Womb**

My Diary Note:



Love recognizes no
barriers. It jumps
hurdles, leaps fences,
penetrates walls to arrive
at its destination full of
hope.

Maya Angelou

Herbalprofil

