

Freestyle Note:

10 WEEKS PREGNANT

Surprise! Okay...wow - You've just come into prison & after all the health checks you've now found out that you're pregnant. What a wild roller-coaster ride your feelings & emotions are on right? Firstly, **congratulations**, because **you & your** baby both deserve to be celebrated. Just so you know, I've been in prison & while I wasn't pregnant when I went inside, I was a mum. While you're adjusting to your pregnancy & being inside, you need to focus on looking after yourself. **Rest** when you can, **eat**, even though you might not be hungry & **walk** as much as you can because it'll help you relax. & never ever forget that:

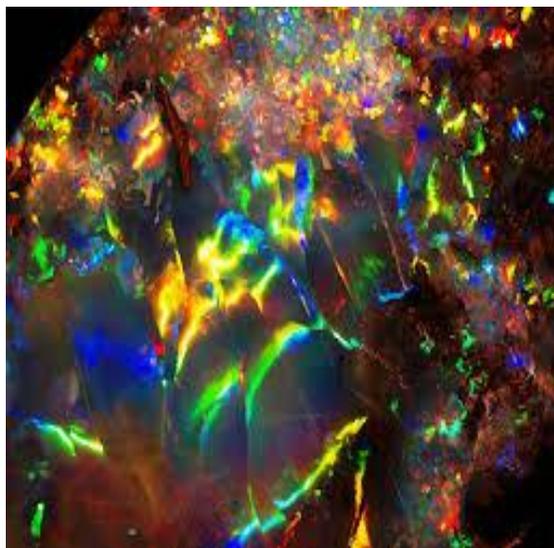
You are a strong Opal woman & the child you are carrying is precious.

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 overlooked. 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

The Opal Place - Our Place of Inspiration

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10 WEEKS PREGNANT

Hello baby bump! Now that you've reached 10 weeks pregnant, you may stop wondering when you'll start to actually look pregnant, because it's probably right around now!

How Big Is Baby at 10 Weeks?

During week 10 of pregnancy, baby is as big as a strawberry, measuring about 1.2 inches long and weighing about .14 ounces. Your 10-week baby's body length will almost double in the next three weeks. **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

10 Weeks Pregnant Is How Many Months?

At 10 weeks pregnant, you're about two months and one week pregnant.

10 WEEKS PREGNANT SYMPTOMS

Wondering what to expect at 10 weeks pregnant? As baby grows, your ligaments and muscles are starting to stretch inside your 10 weeks pregnant belly, your breasts are getting bigger, and some other radical changes may be happening. Here are some of the most common 10 weeks pregnant symptoms:

- **Round ligament pain.** Don't be surprised if you start feeling some aches and pains in your abdomen as it stretches to accommodate your growing baby. While some mums-to-be don't really get or notice them, others find these sensations called 'round ligament pain,' quite painful.
- **Growing breasts.** Your breasts have probably gotten bigger by week 10 of pregnancy, since they've been prepping for breastfeeding for weeks already.
- **Morning sickness.** Nausea and vomiting are pretty common at 10 weeks pregnant..
- **Mood swings.** Changes in your hormones may be to blame for a roller coaster of emotions - *& being in prison just adds to the stress (!)*
- **Fatigue.** You're exhausted. Here's why: Not only is your body working really hard to grow baby, but your sleep might be disrupted by some pretty weird dreams.
- **Increased vaginal discharge.** An increased blood flow to your vagina coupled with an increase in estrogen production could cause more of a clear, odourless discharge called leukorrhea. This substance is simply nature's way of getting rid of bacteria. If it's coloured, tinged with blood, has a foul odour, or causes discomfort, then let the prison staff know.

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

10 WEEKS PREGNANT BELLY

Your 10 weeks pregnant belly is probably just starting to show. That's because your baby is continuing his or her rapid growth and so your tummy has started to develop some extra curve.

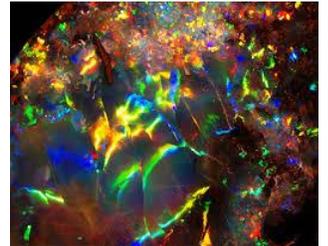
At ten weeks pregnant, baby has working arm joints, and cartilage and bones are forming. Your 10-week fetus' vital organs are fully developed and they're starting to function. Fingernails and hair are starting to appear too! And can you believe that baby's busy practicing swallowing and kicking inside your 10 weeks pregnant belly?



The relationship between a mother & her child is important - Being an Opal (person in prison) mum adds a different set of dynamics to the relationship, but it does not alter the fundamental truth which is that you will be this child's mum.

Parenting from inside prison is different & we have to face that. But your role as mum is still just as (if not more!) important to the development and well-being of your child.

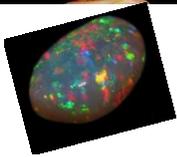
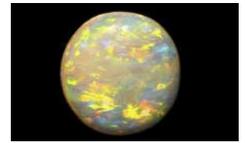
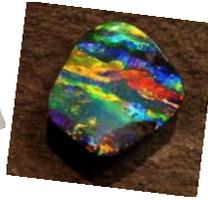
Keep Heart. You are a Strong Opal Woman & your love will shine like a flame to direct & protect your child through-out their life & bring you both great joy.



I am a Strong Woman

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

My Diary Note:



From me, to you:

Many years ago I was given a gift
in the form of a suggestion.
This gift helped me to change my perception
of the world I lived in
I was suffering from a deep depression
My days seemed an endless
Hell
I could barely breath
Everything in my world was literally black.
This was the gift:
IMAGINE a leather pouch...just
like an old marble bag
Know its touch, know its smell Can you see it?
Now - keep it safely in your head, because it's only for you
Your task is to fill it with Gems.
Everyday single day - Collect your Gems
If you see a pretty flower that catches your eye...
Capture the moment by assigning that flower a bright Gem &
put that Gem into your leather bag for safe-keeping.
Always be looking out for Gems
If someone smiles at you unexpectedly - it's a Gem
If you see a cloud with a pleasing shape - it's a Gem
If you feel an unexpected feeling of peace - it's a Gem
If you find a good book to read - it's a Gem
If you get to eat today - that's a Gem to.
When anything nice happens - no matter how small it is
- *claim it*
Everyday you'll come across un-expected Gems
in the most un-expected places
& just before you surrender to sleep each night
Take out your leather bag
Feel it's comforting weight in your hand
One by one, take each Gem out &
re-experience the delight
that belongs to each Gem memory &



Live Strong Opal

From Daryl