

Freestyle Note:

11 WEEKS PREGNANT

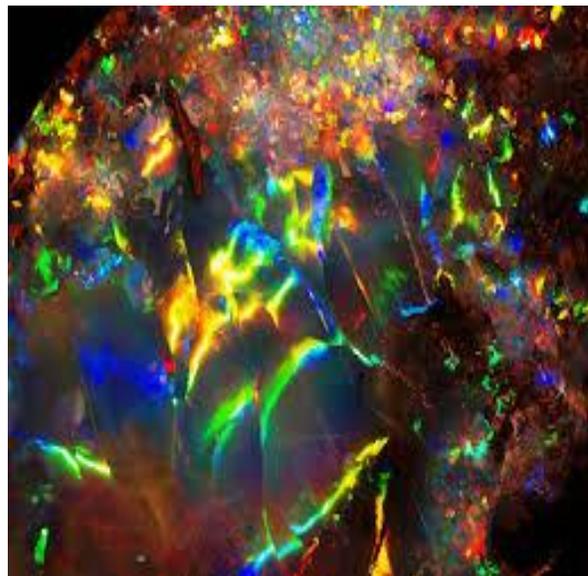
Surprise! Okay...wow - You've just come into prison & after all the health checks you've now found out that you're pregnant. What a wild roller-coaster ride your feelings & emotions are on right? Firstly, **congratulations**, because **you & your** baby both deserve to be celebrated. Just so you know, 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

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

11 WEEKS PREGNANT

How Big Is a Baby at 11 Weeks?

Baby is now as big as a lime! Your 11-week fetus is about 1.6 inches long and weighs in at about .25 ounces. He or she's got about a 1:1 head-to-body ratio (which sounds weird, but that will change!).

11 Weeks Pregnant Is How Many Months?

When you are 11 weeks, you are two months and about two weeks pregnant. In another couple of weeks, you'll begin the second trimester.

11 WEEKS PREGNANT SYMPTOMS

Around 11 weeks, your body (and mind!) are still completely haywire. It's probably tough to feel calm right now, since your hormones are still raging and you may still be feeling pretty nauseous. But know there's light at the end of the tunnel because there's only a couple more weeks left in the first trimester, which is notoriously the worst for pregnancy symptoms! Here's more about what you're likely feeling at 11 weeks pregnant:

- **Fatigue.** You're still exhausted, but you can expect a surge in your energy in trimester two. Until then, give yourself permission to kick back and get some extra rest when you can.
- **Nausea.** We get it. You're sick and tired of being sick and tired. We promise you should start to feel more like yourself soon.
- **Gas.** Sorry, but tummy troubles are part of the pregnancy course. Drink lots of liquids and eat fiber-rich foods too.
- **Leg cramps.** Tight, painful muscles can strike at night and interfere with your sleep. Drinking plenty of water can prevent leg cramps, and so can stretching your legs during the day.
- **Skin darkening.** One morning you might wake and think, Whoa! What's that dark line down the centre of my belly and why is it there? Well, this is a totally normal pregnancy symptom called the linea nigra. This dark line is caused by hormonal changes and isn't permanent—though you might notice that it sticks around for a while after you give birth, especially if you breastfeed. (Because of the hormones involved with breastfeeding).
- **Vaginal discharge.** If your facility provides free sanitary pads then use these in place of panty-liners to keep fresh and clean. Make sure that you keep yourself washed and cleaned in your vaginal area.

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

Women who are 11 weeks pregnant with twins often have elevated (higher) hormone levels, which may mean double the symptoms and higher weight gain. Both are normal, and you too should experience increased energy and decreased nausea in the coming weeks.

11 WEEKS PREGNANT BELLY

Your 11 weeks pregnant belly is starting to develop a full-on baby bump instead of just gas and bloating, but it can be hard to tell! Especially if it's your first pregnancy, you might not be showing at 11 weeks. Women pregnant with their second babies and those who are 11 weeks pregnant with twins tend to start showing earlier than first-time mums-to-be.

While your belly may or may not be visibly changing, you may be surprised to see your boobs have noticeably changed. At 11 weeks, the chance of miscarriage might be on your mind. It's tough not to worry, welcome to motherhood! But your miscarriage risk is down to just 3 percent and it will drop even lower over the next month or so.

You can't see it, but baby's moving fluidly and gracefully inside your 11 weeks pregnant belly. Your 11-week fetus has skin that's see-through, but is on its way to becoming more opaque. At 11 weeks, baby's fingers and toes aren't webbed anymore. Tooth buds, hair follicles, and nail beds are forming too.



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Question: What's FASD?

Answer: Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. FASDs are caused by a woman drinking alcohol during pregnancy. Alcohol in the mother's blood passes to the baby through the umbilical cord.

Signs and Symptoms of a baby born with FASD

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)



- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

Source: <https://www.healthline.com/health/fetal-alcohol-syndrome>

What are your benefits - to you carrying your baby in prison?

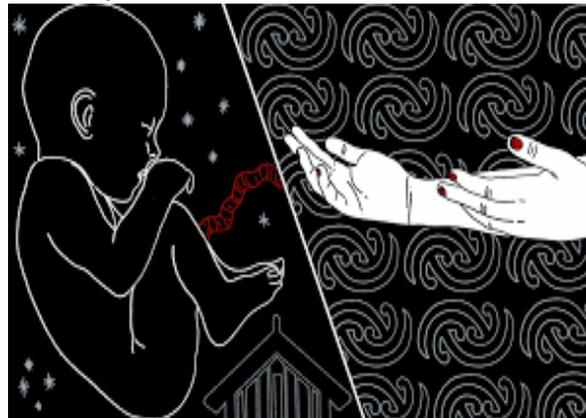
I'm sure you can think of a whole pile of reasons why you'd rather be carrying your baby on the out-side. But have you given thought to the benefits of being pregnant inside?

- ✓ No access to Alcohol (No FASD) & drugs?
- ✓ No violent partner to deal with
- ✓ Good nutritious food
- ✓ Opportunity to rest & exercise

What else can you think of:

- 1.
- 2.
- 3.

THE BIG QUESTION FOR ME NOW IS:



WHAT SORT OF A MUM DO I WANT TO BE?

Hiya from Darly

I'm not going to exaggerate & say that I was deliriously happy about being in prison, because I wasn't! But I recognised that I needed to change & that prison was going to give me a safe place to be able to make the changes I needed to become a better person & a better mum.

You're going to have good days & bad days over the next months & years to come, but keep moving forward both as a person & mum. I don't know whether you get to keep baby after he/or she is born in your prison facility or whether you're going to have to surrender your baby after birth, but either way make sure that you give this unborn child of yours the best start in life.

Let your life-story become an inspiration to your child as they grow to adult-hood & become your child's hero.

I am a Strong Woman

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

My Diary Note:

