

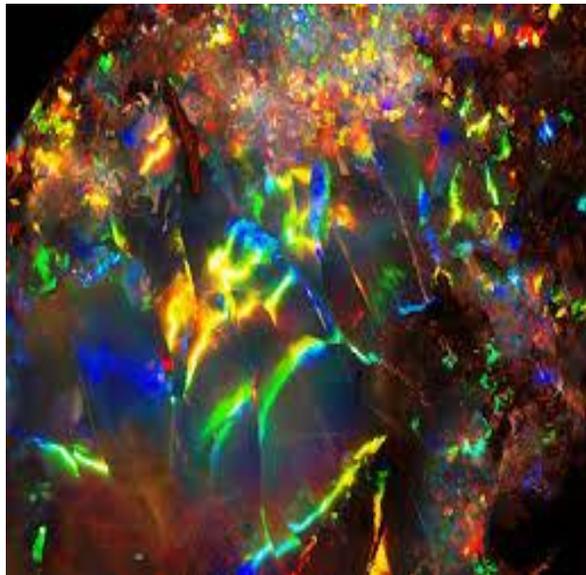
Freestyle Note:

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 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

12 WEEKS PREGNANT

How Big Is Baby at 12 Weeks?

At 12 weeks pregnant, baby is as big as a plum. The average fetus at 12 weeks is about 2.1 inches long and .49 ounces. Now that baby's got pretty much all his or her important organs, his or her main job is to keep on growing.

The Opal Place - Our Place of Inspiration

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

12 Weeks Pregnant Is How Many Months?

At twelve weeks pregnant, you're in the last week of your third month of pregnancy. In other words, you'll be three months pregnant around the end of week 12 of your pregnancy.

12 WEEKS PREGNANT SYMPTOMS

Here's the good news about 12 weeks pregnant symptoms: morning sickness and fatigue may start to fade a bit soon, as your hormones start to calm down. The bad? Headaches and dizziness may replace them. We'll take that trade-off. Here's more info about what's happening to your body at 12 weeks pregnant:

- **Increased discharge.** This clear discharge might seem unusual, but it's normal and has an important purpose: to protect your vagina from infection. But if you have yellow, greenish, pink, or brown discharge during pregnancy week 12 let the prison staff know.
- **Spotting.** Spotting or bleeding during pregnancy at 12 weeks could be worrisome—or it could be nothing at all. If any pain in your stomach is severe (stronger than period cramps) or if bleeding becomes heavy like a period, then let the prison staff know.
- **Headaches.** These may start to intensify around week 12 of pregnancy. Deal with this by eating at least every few hours, drinking lots of water and getting plenty of sleep. A warm or cold compress can ease a headache and so can rest.
- **Dizziness.** Hormone shifts and blood pressure changes could cause dizzy spells around pregnancy week 12. You can help prevent dizziness by snacking regularly and drinking plenty of water. Sit or lie down if you're feeling dizzy or lightheaded and let the prison staff know about any severe bouts.

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

12 WEEKS PREGNANT BELLY

A 12 weeks, your pregnant belly is an official bump! In other words, it's probably getting noticeable now.

Your fetus at 12 weeks is almost done developing his or her body's important systems and parts, which means it's all about getting bigger and more mature from here on out. Your baby's about to enter the growth and maturation stage, in which organs and tissues will grow and develop rapidly.

Baby at 12 weeks is opening and closing his or her fingers and curling toes. And baby's brain is developing fast!



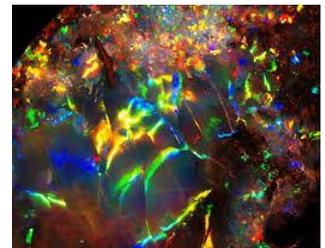
Baby's now developing reflexes. If you poke your 12-week pregnant belly while looking at baby on an ultrasound, you'll likely see movement. If you're 12 weeks pregnant with twins, your twins are developing at a similar rate as singleton babies at 12 weeks. Later on, they'll have a slightly slower rate of growth.



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:

