

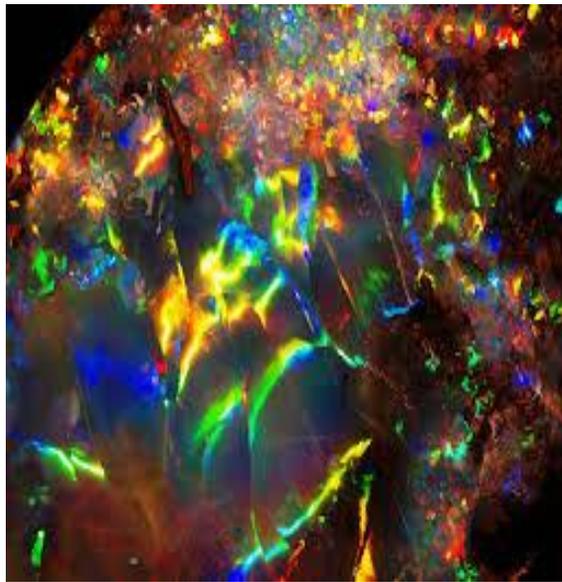
Freestyle Note:

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

13 WEEKS PREGNANT

How Big Is Baby at 13 Weeks?

At 13 weeks pregnant, baby is as big as a lemon. Your 13-week fetus is about 2.9 inches long and weighs about .81 ounces (**1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres**).

13 Weeks Pregnant Is How Many Months?

13 weeks pregnant is 3 months pregnant. This is the last week of the first trimester. (We can't say it enough because it's so great to be here!)

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13 WEEKS PREGNANT SYMPTOMS

You might notice that around 13 weeks pregnant, your symptoms change a bit. You might actually be able to get through the day without nausea (if not now, soon) or feeling the need for a nap. But you may be experiencing a few of these too:

- **Visible veins.** You can see all those blue streaks under your skin because you have increased blood flow.
- **Increase in energy.** The second trimester is known as the least symptomatic—and the most energetic. As you start to feel more like yourself and get that energy surge, you're going to want to knock a bunch of to-dos off your list. Also, if you've found yourself too sick and tired to exercise lately, now's the time to get back to a fitness routine. Exercise will only benefit you and baby and can even make labour easier. Worth it!
- **Spotting.** A little spotting is normal simply because your cervix is more sensitive. But heavy bleeding (like a period) isn't, so let your doctor know immediately if it's more like a flow.

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

13 WEEKS PREGNANT BELLY

Your uterus is now big enough that it's growing up and out of your pelvis. That means you're starting to actually look pregnant. Expect to look more and more pregnant from here on out because pregnancy at 13 weeks calls for a weight gain increase, which is normal.

What's important is that you're eating a healthy diet full of a variety of different foods, eating about 300 extra (nutritious) calories per day more than you did pre-pregnancy and getting plenty of exercise.



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The Importance of writing a journal for your child

I never really knew my birth mother as a person. The reason being is that during my child hood my only contact with her was during visits which I found traumatic. My birth mother had mental health issues and that only added to my miss-understanding about her. My beloved foster mother, also caused me no end of sadness by never openly telling me how proud she was that I played hockey for my country. Instead she always chuckled and said something along the lines of "oh what is it you play Darly..soccer, hockey or smockey?"

Later when I was in my early 40's I finally got hold of my full childhood social welfare records. In amongst this huge pile of documents I found many hand-written letters from my birth mother to the social welfare enquiring about my wellbeing. I was touched by the obvious effort she took in writing these letters during my entire child-hood. There were also countless letters written from my foster mother informing the social welfare of my successes with hockey.



Point is, if I had never got to read the letters that had been written so long ago I never would have got to appreciate my birth mother as a parent, or understood that my foster mother was actually really proud of my achievements. The effect of these letters on me was simple - they helped to heal me.

What I'd like (love) you to consider doing is this. Start a journal now for your child to read when they are older . In this journal capture your hopes and dreams and importantly put into words the struggles you are working on over-coming. Write out your feelings as you carry your unborn baby and then through the years you are incarcerated. In your journal, write, draw, create lyrics, make plans and importantly when your filling in your journal, create each page and entry with love.



Many of us Opal mums miss out years of our children's lives and sadly some of us never get to spend any time with our children at all. - So tell your story directly from your heart to your child. Say everything you want to say because it's really important that they know you and of your love for them.

Any woman or man is made stronger by the pure love of a mother.

Have no doubt that you WILL be that loving mother.
Darly - Founder of The Opal Place



Who do I want to be? Who Am I?



& ...What are my unknown talents yet to be found?

OPAL WOMAN

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I am a Strong Woman

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

My Diary Note:

