

Freestyle Note:

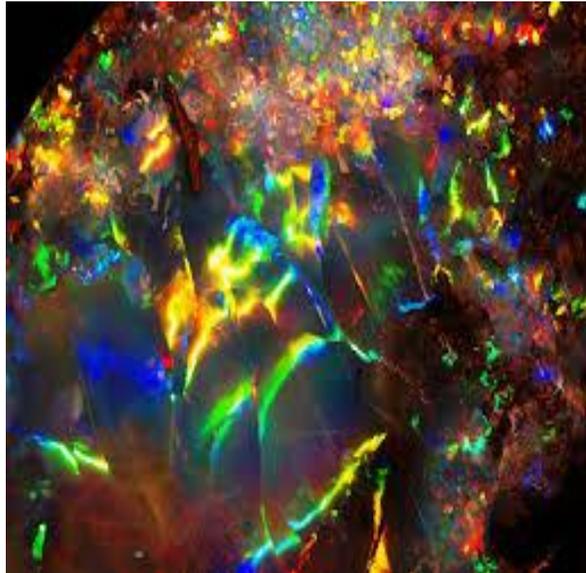
You are a strong Opal woman & the child you are carrying is precious.

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

14 WEEKS PREGNANT

How Big Is Baby at 14 Weeks?

At 14 weeks pregnant, baby is as big as a peach, measuring 3.4 inches and weighing in at 1.5 ounces. Baby has almost doubled in weight since last week, and keeps on growing at super speed at week 14.

14 Weeks Pregnant Is How Many Months?

14 weeks pregnant means you're about three months and one week pregnant. You're at the beginning of your second trimester.

The Opal Place - Our Place of Inspiration

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

14 WEEKS PREGNANT SYMPTOMS

At 14 weeks pregnant, symptoms you felt in the first trimester might be fading. But don't be surprised if they don't vanish right away. Be patient and take it easy! Here are some new pregnancy symptoms you may be feeling at 14 weeks:

- **Round ligament pain.** You're probably feeling some aches and pains as your muscles and ligaments stretch to accommodate your growing baby. At 14 weeks pregnant, cramps are often because of round ligament pain, but if you have any concerns, talk to the prison staff.
- **Increased energy.** As you emerge from the first trimester, you're probably getting your energy back.
- **Increased appetite.** Tummy's rumbling? Once morning sickness starts to go away, you might find your appetite on overdrive.
- **Thicker, shinier hair.** You might notice your hair getting thicker and shinier. This is because of your higher levels of estrogen resulting in less shedding of hair and thicker tresses. Some women also notice that their hair becomes shinier or that it changes in texture (curly hair might become straighter, for example).

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

14 WEEKS PREGNANT BELLY

Your 14-week pregnant belly might be feeling achy and sore, but that's simply because your uterus is expanding to accommodate your rapidly growing baby.

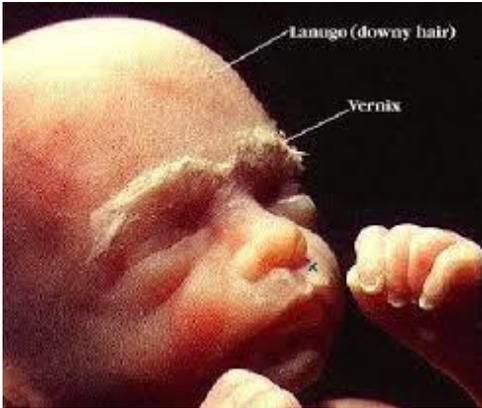
If you found yourself shying away from exercise during trimester one, now that you have your energy back, it's time to get back on track. Consider taking a prenatal yoga class or simply get that 14 weeks pregnant belly out for a walk!

A 14-week fetus' kidneys are making urine (pee), and the liver and spleen are doing their jobs too.

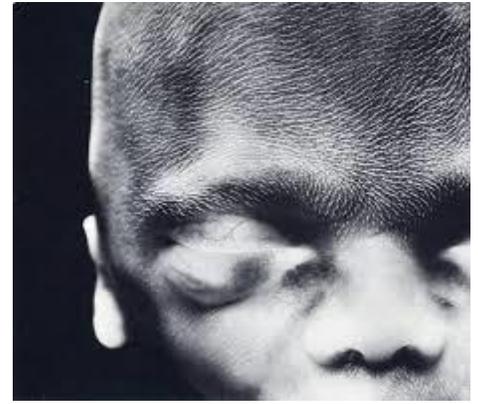
**THE BIG
QUESTION FOR
ME
NOW IS:**



**WHAT SORT OF
A MUM
DO I
WANT TO BE?**



You might be surprised to hear that baby at 14 weeks is growing lanugo, which is a thin, peach fuzz-like hair, all over their body.

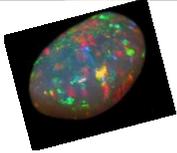
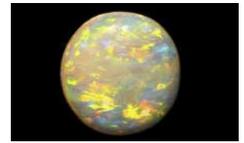
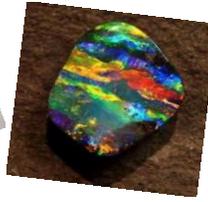


More information: Lanugo is very thin, soft, usually un-pigmented, downy hair that is sometimes found on the body of a fetal or new-born human. It is the first hair to be produced by the fetal hair follicles, and it usually appears around 14 weeks and is abundant by week twenty.

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

