

Freestyle Note:

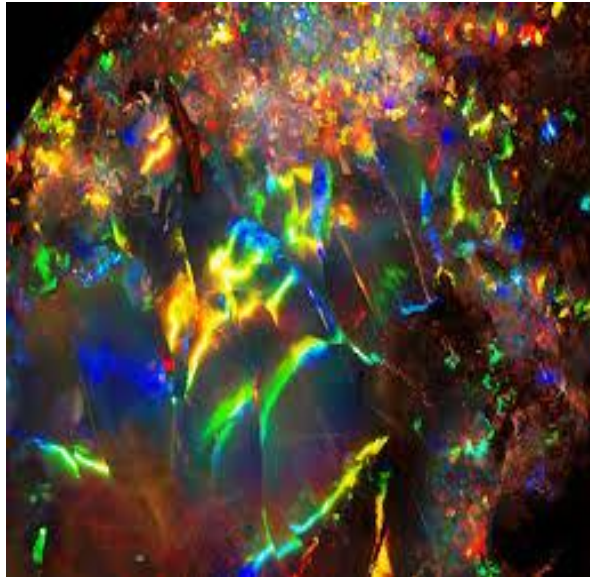
You are a strong Opal woman & the child you are carrying is precious.

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

15 WEEKS PREGNANT

How Big Is a Baby at 15 Weeks Pregnant?

At 15 weeks pregnant, baby is as big as a navel orange. The average 15-week fetus weighs 2.5 ounces and measures 4 inches—and baby's proportions are becoming even more normal, since his or her legs now out-measure the arms.

15 Weeks Pregnant Is How Many Months?

15 weeks pregnant is three months and approximately two weeks pregnant.

The Opal Place - Our Place of Inspiration

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

15 WEEKS PREGNANT SYMPTOMS

Here's a bit of what you might be experiencing at week 15 of pregnancy.

- **Nosebleeds.** This not-so-lovely symptom is thanks to a combination of increased blood volume and sensitive nasal passages.
- **Heartburn, gas and/or indigestion.** Blame these tummy troubles on the hormones. Pay attention to foods that are triggering your symptoms and try to avoid them.
- **Swollen gums.** Your gums are more sensitive now that you're pregnant. Take extra good care of them. Brush your teeth often, floss gently.
- **Shortness of breath.** Notice that you more easily get out of breath? That's because it's getting more crowded in your torso making it harder for your lungs to expand enough to get a full breath

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

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



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

15 WEEKS PREGNANT BELLY

Your 15 weeks pregnant belly is making a big transition. During the first trimester, your uterus still fit nicely inside your pelvis. But now, it's stretching to accommodate your growing baby and will soon outgrow your pelvis and sit higher up in your belly.

Every mum-to-be's body is different, and the rate of growth can vary slightly. That's why at week 15 of pregnancy, it's completely normal to not show much, or have an obvious baby bump. For example, a 15 weeks pregnant belly for a first pregnancy could take a little longer to begin to stick out. For the second pregnancy and beyond, the uterus has already been stretched, so you might have a bump a little earlier in repeat pregnancies.



You probably can't feel it yet, but a 15 weeks baby will be moving a lot in there, now that he or she is able to move all their limbs and joints! Baby might even be hiccupping inside your 15 weeks pregnant belly.

What are my strengths as a person?

Do I like myself?

What are my strengths as a woman?

What are some of the benefits of having baby in prison? (I can't drink/drug, I'll have time to think, I'll get better food?, I won't have to deal with family violence?)

Am I a nice person?

What are my not-so good qualities?

Do I love myself enough to feed my mind & look after my body & health?

Do I respect myself?

I know that the choices I make now will shape my babies future & I'm gonna make the right choices because I AM A strong woman

Am I kind to myself? Or have I always given myself a hard time?

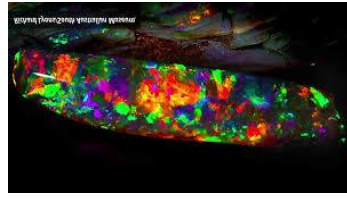
Will my future child like me?

What do other people think about me? If you weren't you - would you wanna hang out with yourself?

What's my attitude like? & is it gonna benefit me & my baby?

How can I use the time I'll have in prison - to benefit me & my baby?

What will make me happy?



I am a Strong Woman

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

My Diary Note:

