

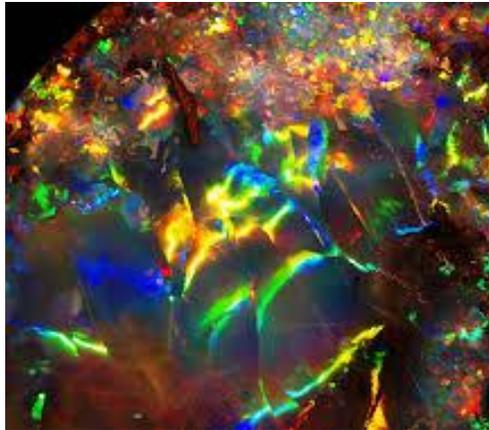
Freestyle Note:

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 over-looked. 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

16 WEEKS PREGNANT

Now that you're 16 weeks pregnant, things are getting pretty exciting. You also will most likely be feeling baby kick, which could happen starting this week, so pay attention to those subtle fluttery feelings in your 16 weeks pregnant belly. Another cool fact? Baby's starting to be able to hear your voice—and he or she will recognize it at birth—so talk to your baby a lot and sing.

The Opal Place - Our Place of Inspiration

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

Your unborn baby learns to recognise & remember your voice during your pregnancy.



Talking & Singing to your Baby

Your voice does great things for your baby. Studies show that the sound of it is calming, both in the womb and when you finally get to meet them as a newborn. Scientists have recorded that unborn babies clearly respond to different vibrations and sounds with changes in their heart rate or movement patterns, and are particularly responsive to the sound of their mother's voice.

This has led them to conclude that your unborn baby learns to recognise and remember your voice during your pregnancy.

This means the conversations that you have with your unborn baby are laying the foundations for their social and emotional development, as well as their language skills and memory.

Your voice is already shaping their understanding of the world.

Tip: Be mindful to walk away from any arguments that are taking place in your wing of the prison, because baby can hear now - protect your baby & give them the best start in life.

Tip: Even if you love rap & other loud funky music, your unborn baby will most likely find it unsettling. Take the time to explore new music and sounds with your baby. Hey & read fun stories and anything interesting or educational to your child. **Let them know you.**



How Big Is Baby at 16 Weeks Pregnant?

At 16 weeks pregnant, baby is the size of an avocado, measuring 4.6 inches long and weighing in at 3.5 ounces.

16 Weeks Pregnant Is How Many Months?

16 weeks pregnant is three months and about three weeks pregnant.



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16 WEEKS PREGNANT SYMPTOMS

More reason to celebrate: There are some 16 weeks pregnant symptoms that are actually good. For example, some mums-to-be find their hair and nails grow faster. Your hair might actually look thicker and more lustrous and your skin might look radiant, too. Here's more of what you might be feeling at 16 weeks pregnant:

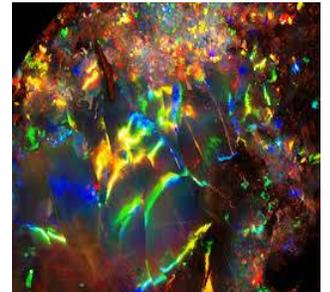
- **Backaches.** Your aching back is a side effect of pregnancy hormones. To ease backaches, make some time for low-impact exercise. Sit and stand up straight and regularly stretch your body.
- **Bigger boobs.** Your breasts have probably gone up several cup sizes by now, and should be completely prepped for breastfeeding by the end of the second trimester.
- **Constipation.** Your uterus is starting to press on your intestines - drink lots of water and eat fiber-rich foods & exercise.
- **Forgetfulness.** This is also known as 'Pregnancy-Brain.' No one knows for sure what causes pregnant women to become more forgetful. It could be biological or it just could be a result of having lots on your mind!
- **Dry, itchy, sensitive eyes.** Blame the hormones once again! Drinking water will help and will get plenty of sleep.
- **Glowing skin.** Thanks to the influx of hormones during pregnancy your glands will produce more oil, which makes your face more shiny. Another contributing factor to your glowing skin is the increase in your blood flow.

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

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.

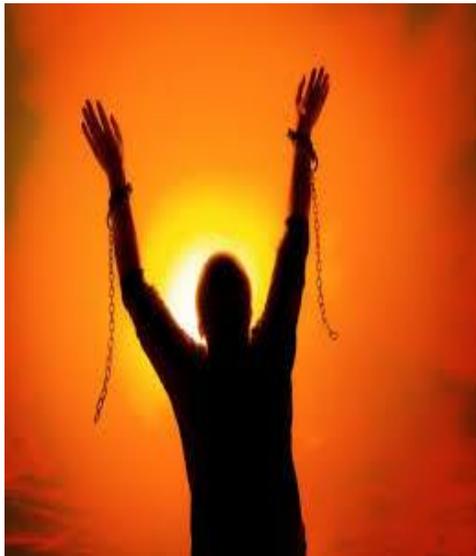
Keep Heart. You are a Strong Opal Woman & your love will shine like a flame to direct & protect your child through-out their life & bring you both great joy.



16 WEEKS PREGNANT BELLY

Pretty soon, you'll start feeling baby moving around in your 16 weeks pregnant belly. At first, those moves might feel like gas or a muscle twitch, but over time, as baby gets bigger and stronger, they'll be unmistakable. Of course, feeling those movements comes with other issues, like having your lungs crowded by your growing babe. That could make it seem tough to catch your breath from time to time.

Inside your 16 weeks pregnant belly, baby's listening to your voice, thanks to tiny bones forming in his or her ears. Your 16-week fetus is growing hair, lashes, and eyebrows. And his or her taste buds are forming.



Shackles, Hand-Cuffs, Restraints & Chains!

Don't ever let wearing shackles or hand-cuffs define you as a person or a mum. Yes we have to get escorted into hospitals & even go into labour wearing them - but don't you let it bother you - because it isn't personal against you - it's just normal prison protocol.

Unlike you, I wasn't pregnant when I went to prison, but I was taken in hand-cuffs to see my dying foster mother & then in shackles to her funeral. I just held my head high & thought to myself, "well this is sure something to tell the grand-kids about!" & another funny story is: The first time I went to prison I met this awesome woman while I was on remand. She'd had to be escorted on an airplane in shackles. When any people in public stared at her, she looked them in the eye & rattled her shackles and yelled out..." **The Good Lord loves shackles!**"

Always hold your head high my Opal friend.

Darly Royan Paraha



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THE BIG
QUESTION
FOR ME NOW
IS:



WHAT
SORT OF A
MUM DO I
WANT TO
BE?

My Answers is:

I am a Strong Woman

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

My Diary Note: