

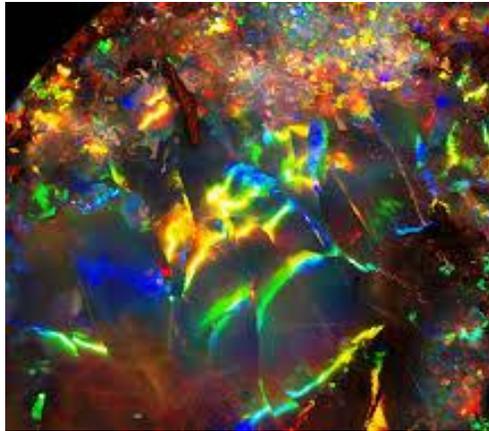
Freestyle Note:

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

18 WEEKS PREGNANT

18 Weeks Pregnant Is How Many Months?

At 18 weeks, you're officially four months pregnant. Only five more months to go!

How Big Is Baby at 18 Weeks?

At 18 weeks pregnant, baby is as big as an artichoke. Baby's about 5.6 inches long and about 6.7 ounces now and keeps growing quickly.

The Opal Place - Our Place of Inspiration

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

18 WEEKS PREGNANT SYMPTOMS

Here's the usual 18 weeks pregnant symptoms you may be feeling:

- **Swollen feet and/or hands.** Swelling can be an annoying pregnancy symptom. It's nothing to worry about as long as the swelling isn't sudden or severe. If it is, let the prison staff know right away.
- **Backaches.** Baby's putting a lot of pressure on your insides, causing aches and pains in your back.
- **Leg cramps.** Cramps can be a sign of dehydration, so drink plenty of water.
- **Varicose veins.** These visible purple or blue veins are swollen due to all that extra pressure on your circulatory system. To deal with them, change positions often, prop your legs up when you can, get plenty of exercise, and avoid tight clothes and shoes.
- **Trouble sleeping.** Your mind is working overtime and you're getting more and more physically uncomfortable.
- **Nosebleeds.** Increased pressure on the veins in your nose may be making it bleed more than usual. If you have a nosebleed, apply pressure by pinching your nose for five to ten minutes.

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

18 WEEKS PREGNANT BELLY

Weight gain at 18 weeks pregnant is recommended to be about 1 to 2 pounds per week for women of average body mass. Let the prison staff know if you have any concerns with your weight gain so far. Drastic or sudden weight gain or weight loss could be signs of a problem.

If you're 18 weeks pregnant and not showing much, everything's probably fine! Remember: Every pregnant body is different, and your uterus will grow up and out of your pelvis at a slightly different time as another pregnant woman's does.

What is baby doing inside your 18 weeks pregnant belly? A lot! Your 18-week fetus is working his or her muscles and practicing all kinds of moves. Can you believe baby's yawning, hiccupping, sucking, and swallowing? He or she is twisting, rolling, punching, and kicking too, and is big enough that you might be able to feel him or her doing it! If you're 18 weeks pregnant with twins, there's a membrane that separates your two 18-week fetuses. As they wiggle around in there, they'll push fluid around and the membrane will shift slightly.



Question: What's FASD?

Answer: Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. FASDs are caused by a woman drinking alcohol during pregnancy. Alcohol in the mother's blood passes to the baby through the umbilical cord.

Signs and Symptoms of a baby born with FASD

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)



- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ

Here's something to think into: What are your benefits - to you carrying your baby in prison?

I'm sure you can think of a whole pile of reasons why you'd rather be carrying your baby on the out-side. But have you given thought to the benefits of being pregnant inside?

- ✓ No access to Alcohol (No FASD) & drugs?
- ✓ No violent partner to deal with
- ✓ Good nutritious food
- ✓ Opportunity to rest & exercise

What else can you think of:

- 1.
- 2.
- 3.

THE BIG QUESTION FOR ME NOW IS:



WHAT SORT OF A MUM DO I WANT TO BE?

Hiya from Darly

I'm not going to exaggerate & say that I was deliriously happy about being in prison, because I wasn't! But I recognised that I needed to change & that prison was going to give me a safe place to be able to make the changes I needed to become a better person & a better mum.

- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

Source: <https://www.healthline.com/health/fetal-alcohol-syndrome>



You're going to have good days & bad days over the next months & years to come, but keep moving forward both as a person & mum. I don't know whether you get to keep baby after he/or she is born in your prison facility or whether you're going to have to surrender your baby after birth, but either way make sure that you give this unborn child of yours the best start in life.

Let your life-story become an inspiration to your child as they grow to adult-hood & become your child's hero.



Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.

Maya Angelou

Herbalprolife

I am a Strong Woman

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

My Diary Note:



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