

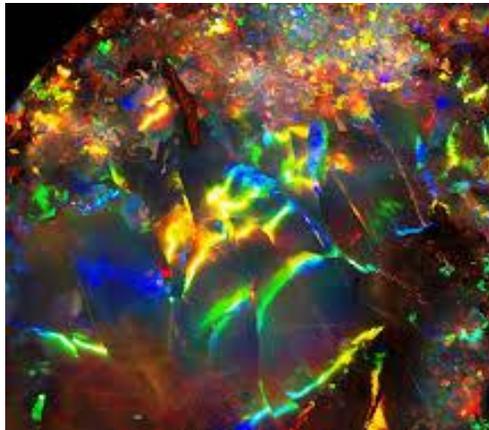
Freestyle Note:

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

19 WEEKS PREGNANT

How Big Is Baby at 19 Weeks?

Baby is as big as a mango at 19 weeks of pregnancy. At about 6.0 inches long and weighing in at about 8.5 ounces, your 19-week fetus continues to get bigger! **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

19 Weeks Pregnant Is How Many Months?

19 weeks pregnant is four months and about one week pregnant. In another week, you'll be halfway through. Can you believe it?

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19 WEEKS PREGNANT SYMPTOMS

Normal 19-weeks pregnant symptoms aren't usually too severe and they're more like annoyances. Of course, that doesn't mean that dealing with them is easy. These are a few of the not-so-fun symptoms you may be feeling at 19 weeks:

- **Abdominal aches and pains.** Round ligament pain is that discomfort in your lower 19-week pregnant belly. It's caused by your muscles stretching to accommodate baby. Let your prison staff know if any ache or pain concerns you, but as long it's not intense or accompanied by other symptoms, these are just growing pains.
- **Dizziness or light-headedness.** Feeling faint? Light-headedness during pregnancy can happen because your growing uterus puts pressure on your blood vessels. Plus, baby is crowding your lungs, so there's less oxygen for you! If you have any worries let the prison staff know.
- **Leg cramps.** Try stretching regularly. Extend your leg and flex your ankle and toes toward your knees.
- **Hip pain.** If hip pain bothers you at night, try sleeping on your side with a pillow between your knees.

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

19 WEEKS PREGNANT BELLY

Did you feel that? At 19 weeks pregnant, baby's movement inside your belly is probably becoming noticeable to you. Of course, like with showing, this phenomenon happens earlier for some women than it does for others. Right now, these tiny movements probably feel more like taps or flutters—or even gas—but they'll grow stronger over the next few weeks.

At 19 weeks pregnant, weight gain might start to concern you, since you've probably put on between 8 and 14 pounds so far. (Or 20 to 30 pounds, if you're 19 weeks pregnant with twins.) If your weight gain to date is higher or lower than that, talk to prison staff about whether or not it's cause for concern. Sudden or rapid weight gain could be a sign of **preeclampsia** (see below), which needs to be treated immediately and inability to gain weight could mean that baby's not getting enough nutrients.



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Preeclampsia

Preeclampsia is a condition unique to human pregnancy. It is a disorder which usually develops in the second half of gestation and occurs in around 5-8% of all pregnancies. Preeclampsia can also develop early in pregnancy if it is severe or may not become an issue until during labour or just after the baby has been born.

Preeclampsia is more common in women who are having their first baby. Some studies cite it occurring in up to as much as 10% of pregnancies, but whatever the statistics, it is the most common serious medical problem of pregnancy. It is important for all pregnant women to be checked during ante-natal appointments for any symptoms which could indicate them having preeclampsia. Without treatment, it can sometimes develop into eclampsia which has the potential to cause significant complications for both a mother and her baby.

When to ask the prison staff for help:

Occasionally, preeclampsia escalates to a dangerous level. This can occur in a relatively short period of time and although it is uncommon its effects are so significant that it is worthwhile being aware of them. Seek medical assessment if you develop any of the following signs or symptoms:

- A sudden swelling of the hands, face or feet which causes you to gain weight because of fluid retention.
- A pain in the region of your stomach which may feel like very bad indigestion. The pain may also extend across the ribs.
- A bad headache which does not respond to standard analgesics and rest.
- Blurring of your vision or being unable to see clearly. Seeing flashing lights is also a warning sign.
- Nausea and vomiting.
- Feeling as if your heart is racing or has an abnormal beat.
- A sense that something is just not right with you or your baby.
- A change in the volume of urine you normally produce.

Source: <https://www.huggies.co.nz/pregnancy/complications/preeclampsia>



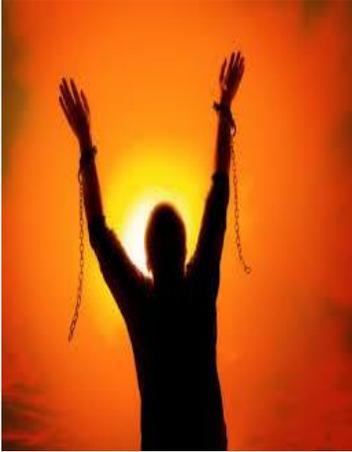
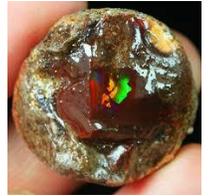
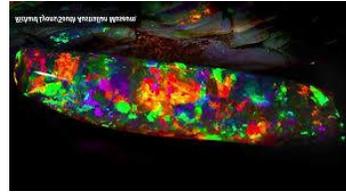
**Let Prison staff
know
immediately if
you notice any
sudden on-set
of swelling in
your hands &
feet**



Your 19-week fetus is developing a protective coating over his or her skin called vernix caseosa. It's greasy and white and you may see some of it at birth. Baby at 19 weeks is also working on his or her on five senses. Yep, nerve cells for sense of taste, hearing, sight, and smell are all developing in baby's brain.

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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

I am a Strong Woman

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

My Diary Note: