

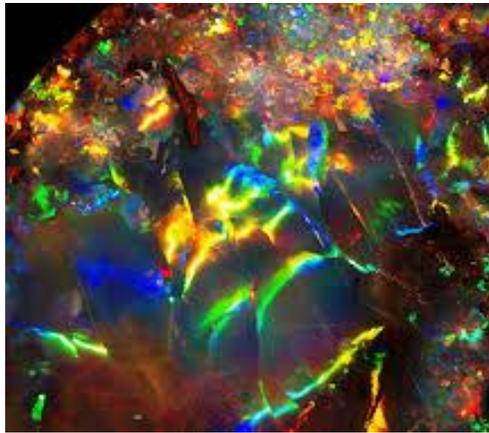
Freestyle Note:

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

20 WEEKS PREGNANT

CONGRATULATIONS - You're at the halfway point!

WELL DONE YOU

How Big Is Baby at 20 Weeks?

At 20 weeks pregnant, baby is the size of a banana. He or she weighs about 10.2 ounces and measures about 6.5 inches from crown to rump. Baby's still got a lot of growing to do but has an excellent start - **all thanks to your care & love!**

20 Weeks Pregnant Is How Many Months?

20 weeks pregnant is four months and about two weeks. During week 20, you've hit the halfway point of your pregnancy.

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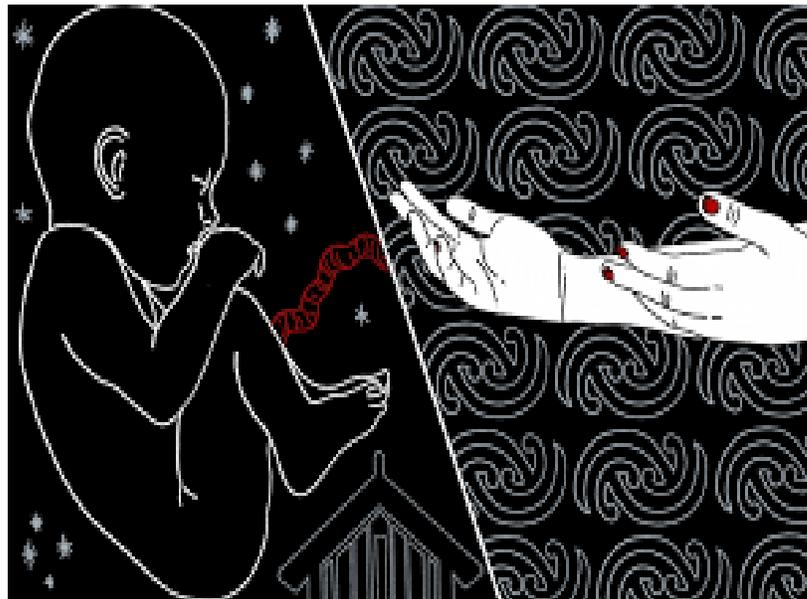
20 WEEKS PREGNANT SYMPTOMS

Making it to 20 weeks pregnant probably feels pretty darn good - Here are some of the not-so-good symptoms you might be experiencing right now:

- **Vaginal discharge.** You can expect the discharge to keep increasing until delivery. It's just your body's way of keeping the area clear of bacteria. But let prison staff know if the discharge is yellow, green, or foul smelling.
- **Leg cramps.** Do stretches regularly, and drink plenty of water to prevent your legs from cramping.
- **Heartburn and/or indigestion.** As baby starts to crowd your digestive system, it might not work exactly as it did pre-pregnancy. Watch what you're eating—acidic and spicy foods can cause tummy troubles.
- **High energy.** Enjoy this energy surge while it lasts! You might find yourself more tired in the third trimester.
- **Swelling.** Don't worry unless the swelling is sudden or severe. Mild swelling is normal and should subside after delivery. In the meantime, put up your feet whenever you can.
- **Shortness of breath.** As your uterus expands, it pushes against your lungs, causing you to feel short of breath. You might find this to be especially true if you're 20 weeks pregnant with twins.

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

THE BIG
QUESTION
FOR
ME
NOW IS:

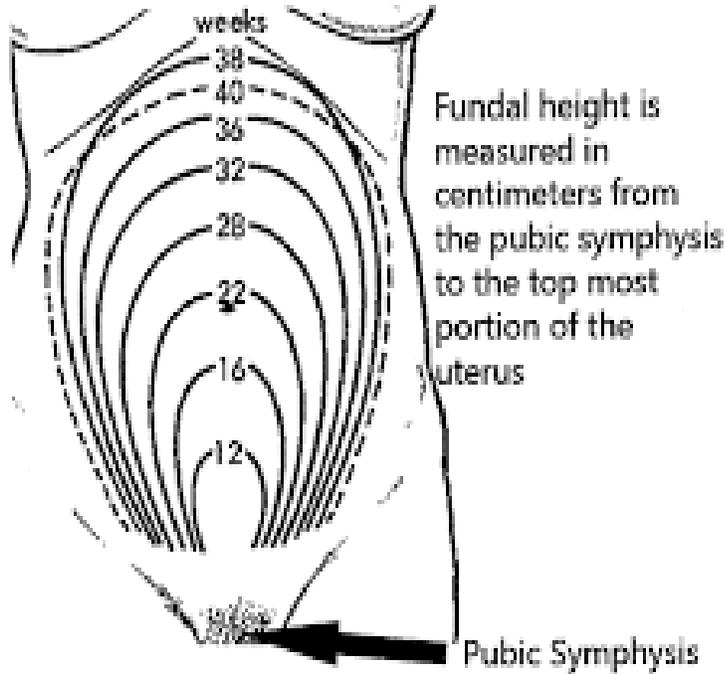


WHAT
SORT OF
A MUM
DO
I
WANT TO
BE?

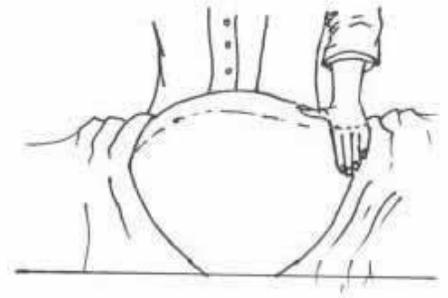
& WHATS MY PLAN TO MAKE IT HAPPEN?

20 WEEKS PREGNANT BELLY

Starting around 20 weeks pregnant, your doctor will measure **fundal height** at each prenatal visit.



Fundal height is the distance from the pubic bone to the top of your uterus. In centimetres, the fundal height should match your week of pregnancy, give or take two centimetres.



So for example, your 20 weeks pregnant belly should measure around 18 to 22 centimetres. It should continue to increase about a centimetre each week. A higher or lower fundal height could be the sign of a pregnancy condition such as gestational diabetes, a growth issue, or a breech baby, so if it doesn't appear to be average, further testing may be necessary.

Your 20-week fetus now has working taste buds. He or she is gulping down several ounces of amniotic fluid each day—that's significantly more than before.

Baby's Palate & Food Memories Are Shaped Before Birth

Have you ever wondered by some-people just can't stand the taste of vegetables or even water in preference to deep-fried foods & sugary fizzy or alcoholic drinks? Well research shows us that a person's preferential diet starts early, way early! Research shows that what a woman eats during pregnancy not only nourishes her baby in the womb, but will also shape food preferences later in their life.

The Scent Of Amniotic Fluid

When still in the womb, the growing baby gulps down several ounces of amniotic fluid daily. That fluid surrounding the baby is actually flavoured by the foods and drinks you have eaten in the last few hours.

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So in preparing your baby for a healthy life - be really mindful of eating as much and as wide a variety of vegetables & fruit as you can. Make good use of the food supplied by the prisons & if you're allowed to buy additional foods, look at the fruit & other healthy options. I'm not saying don't have lollies & sweets - but keep it as a treat, rather than something you'd eat every-day.

Hey & start keeping a diary of your thoughts and hopes to give as a gift to your child one day. One day when your baby is an adult they'll appreciate to read how much you loved them by passing over chocolate in favour of an apple!

**Make your Amniotic Fluid as healthily delicious as you can...Because
...It is YOU that has the POWER to Choose WISELY**



If you haven't already had your mid-pregnancy ultrasound (dependent on your prison facility) , you might very soon, since this prenatal test usually happens between weeks 18 and 22. This is a detailed 20-week ultrasound. The medical staff will look to see that everything seems to be developing properly and that baby's growth is on track.

If you're 20 weeks pregnant with twins, the ultrasound technician will check to see if babies' heads are approximately the same size. If they aren't, more measurements will be taken to be sure neither twin is having growth problems. The medical staff will also likely be able to tell you baby's gender, so let them know if you want to find out if you're having a boy or a girl.

PS: Make sure to ask prison staff if you can get permission to keep any of the printouts of the ultrasound photos &/ or find out the sex of your baby - before you go to the hospital. This way you can get a yes or no BEFORE you go & avoid any potential for unexpected disappointment.

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I am a Strong Woman
Protective & Wise as a Lioness * Blessed is the Fruit of my Womb

My Diary Note:

