

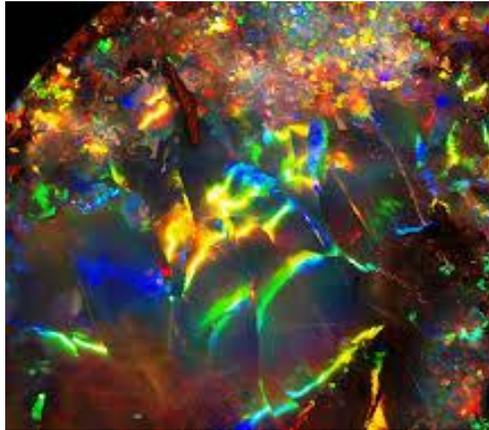
*Freestyle Note:*

## 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

## 22 WEEKS PREGNANT

It's getting crowded in there! Now that you're 22 weeks pregnant, your rapidly growing baby is growing fast and getting bigger. That's why it might be tough to catch your breath and why your back might be hurting.

### How Big Is Baby at 22 Weeks?

At 22 weeks, baby is the size of a coconut. Average baby size at 22 weeks is 10.9 inches long (from the crown of the head to the heel of the foot) and 15.2 ounces.

### 22 Weeks Pregnant Is How Many Months?

You're four months and about four weeks pregnant. Once week 22 of pregnancy ends, you'll officially be five months pregnant.

*The Opal Place - Our Place of Inspiration*

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

## 22 WEEKS PREGNANT SYMPTOMS

The most common 22 weeks pregnant symptoms have to do with the fact that your baby (or babies, if you're 22 weeks pregnant with twins) is taking over so much territory in your body. This includes:

- **Stretch marks.** These scars are caused when your skin stretches so fast or so much that it actually tears below the surface. What's not so cool is that the stretch marks may never go away completely, but they will fade in colour after delivery, so they'll be much less noticeable.
- **Outtie belly button.** Your innie has basically gone inside out and you've suddenly got an outtie. This is another by product of an expanding belly. It can be a weird feeling, we know. Your outtie will go back to an innie, we promise!



- **Increased vaginal discharge.** You've got a water works situation down there—SO not fun, but don't worry, it's just the result of increased blood flow down there.
- **Swollen hands and/or feet.** Now that you're pregnant, you have an increase in the amount of fluids in your body. So minor swelling is totally normal and will die down pretty much as soon as baby is born. Severe or sudden swelling, on the other hand, is not normal. It could be a sign of a dangerous pregnancy complication called preeclampsia, so tell the prison staff right away if you're super swollen or swollen with sudden onset.
- **Backaches.** Your back hurts due to extra pressure from baby and from carrying around the extra weight.
- **Trouble catching your breath.** Baby continues to crowd your lungs, making it tough to breathe at times. Remember not to take your workouts too far, and when you feel winded, take a break right away.

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

## 22 WEEKS PREGNANT BELLY

A typical 22 weeks pregnant belly measures approximately 20 to 24 centimetres from pelvic bone to the top of the uterus—that's called the "fundal height." If you're 22 weeks pregnant with twins, don't even consider fundal height, since twin pregnancies are all so different, there's no real "typical."

Now that baby's eyes and lips are more developed, he or she's looking even more like a newborn. Baby's sleeping in cycles, about 12 to 14 hours per day (hint: they're probably those times you're not feeling any kicks!).



**If you are of Muslim faith you might find this question & answer I found on-line useful.**

**These guide-lines are also useful to peoples of Jewish & Christian faiths (otherwise known as: People of The Book; The Bible, The Torah & The Koran) as we all pray to the same God/Allah, have the same patriarchs & share many of the same traditions.**

**Question:** As-salamu alaykum, could you please shed light on the Islamic guidelines in choosing names? In other words, what are the criteria to be followed by Muslim in choosing names?

**Answer:**

Wa `alaykum As-Salamu wa Rahmatullahi wa Barakatuh.

Dear sister in Islam, we commend your keenness on getting yourself well-acquainted with Islam and its teachings, and we implore Allah Almighty to help us serve His cause and render our work for His Sake.

Islam emphasizes that Muslims should have good names and give good names to their children. It is reported in a hadith that the Prophet (peace and blessings be upon him) said, "You will be called on the Day of Resurrection by your names and the names of your fathers, so have good names." (Reported by Abu Dawud).

In the choice of names, we should follow certain guidelines as illustrated in the following fatwa issued by the eminent Muslim scholar, Sheikh Yusuf Al-Qaradawi:

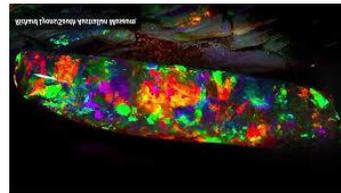
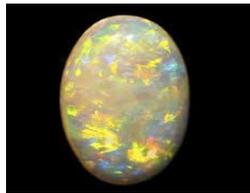
**"Islam does not oblige Muslims to choose specific names, Arab or non-Arab names, for their children, whether males or females. It is rather up to people to decide which names they would like to choose for their children. However, selecting names should be pursuant to some Islamic rules:**

1. To be a good name that is neither detestable by people nor to be rejected by the child himself, when he grows up. Such detestable names are like those which bear the meaning of bad omen, evil connotations, names of people known for their oppression and excessiveness, and so on. In this regard, we find that the Prophet (peace and blessings be upon him) used to change bad names into good ones. For example, he changed the name of someone from "Qalilah" (A few) into "Kathirah" (A lot), and the name of another from "Aasiyah" (Sinner) into "Jamilah" (Beautiful), and so on.
2. A Muslim should not call his son names such as, "Abdul-Ka`abah", "Abdun-Nabi", "Abdul-Hussayn", and such names that implies `Ubdiyyah (servitude) to others than Allah. Ibn Hazm said that naming children with names as such is, according to the consensus of Muslim scholars, prohibited, except the name of "Abdul-Muttalib".
3. A Muslim should not choose names that give an impression of pomposity and vainglory. This is supported by the hadith that reads, "The most detestable name for Allah in the Hereafter is that of a man who calls himself "King of All Kings", for Allah is the Lord of the Kings." (Reported by Al-Bukhari, Muslim, Abu Dawud, and At-Tirmidhi)
  - a. Muslims are also forbidden to name their children after the Finest Names of Allah, such as "Ar-Rahman (the Gracious), Al-Khalik (the Creator), etc.
  - b. It is also prohibited to use the Attributes of Allah with a definite article, such as "Al-`Aziz" (the All-Powerful) and "Al-Hakim" (the Most-Wise), as names. But they may be used without a definite article, e.g. "Aziz" and "Hakim".
4. It is a commendable thing to call children after the Prophets and righteous people, to keep them in memory, so as to take them as a guide and follow in their footsteps.
  - a. The best of such names are the names that show man's humility before his Lord, as indicated by the hadith that reads, "The best names in Allah's Sight are `Abdullah and `Abdur-Rahman." (Reported by Muslim, Abu Dawud, At-Tirmidhi, and Ibn Majah)
  - b. The same applies to names that consist of two parts, of which the first "Abd" and the second is one of the Finest Names of Allah, such as "Abdul-`Alim".
5. As for non-Arab names, there is nothing wrong in using them as names, so long as they bear good meanings in their language. Although the early Muslims were purely Arabs living in a pure Arab atmosphere, they found no harm in non-Arab names, as regards men and women. For example, "Mareyah" (the Mother of the Believers) who gave birth to Ibrahim, the son of Prophet Muhammad (peace and blessings be upon him) was known for her Coptic name.

Thus, a Muslim should take into consideration such restrictions while choosing names for their children."

Source: <https://www.zawaj.com/islamic-guidelines-for-choosing-names/>

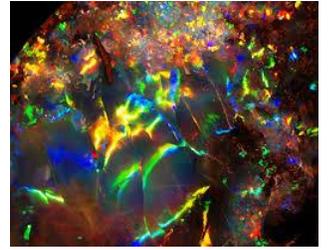
Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Nimra	Arabic / Muslim	Girl	Soft, Protective, Lioness
Ebrahim	Arabic / Muslim	Boy	Ebrahim is a variation on Ibrahim. The Arabic version of Abraham, God's messenger, this name has special religious significance.
Hifza	Arabic/Muslim		Protective Angel
Jakeem	Arabic / Muslim	Boy	Raised up.
Rayyan	Arabic / Muslim	Boy or Girl	Rayyan is the name of one of Islam's gates of paradise which only observers of Ramadan would enter on the Day of Resurrection. Spell it Rayan if you want something more unique.
Malik	Arabic / Muslim	Boy	Malik means King.
Sumaiya	Arabic / Muslim	Girl	Pure
Muhammed	Arabic / Muslim	Boy	Praiseworthy - Name of the Prophet



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.



## I am a Strong Woman

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

*My Diary Note:*

A large, empty rectangular box with a black border, intended for a diary note.

