

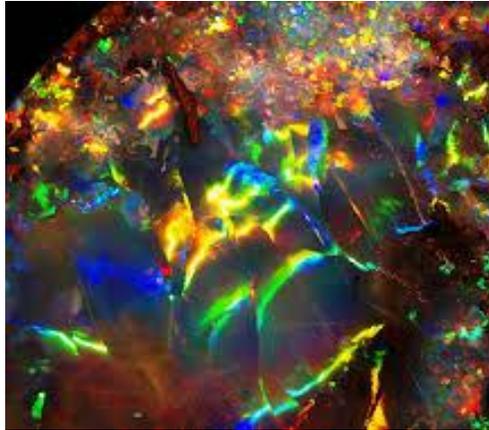
*Freestyle Note:*

## **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

## **23 WEEKS PREGNANT**

### **How Big Is Baby at 23 Weeks Pregnant?**

You're 23 weeks pregnant, and baby is as big as a grapefruit! The average 23-week fetus measures 11.4 inches from head to foot and weighs 1.1 pounds. Yep, baby's almost a foot long, and is finally able to be weighed in pounds! And baby's not just getting bigger, he or she's getting even cuter and starting to look more like a baby.

### **23 Weeks Pregnant Is How Many Months?**

23 weeks pregnant is five months. Can you believe you and your 23-week baby are starting on month six?!

*The Opal Place - Our Place of Inspiration*

[www.theopalplace.co.nz](http://www.theopalplace.co.nz) \* Postal: Po Box 178, Hawera 4640, New Zealand

## 23 WEEKS PREGNANT SYMPTOMS

23 weeks pregnant symptoms can include:

- **Swollen ankles and feet.** Some puffiness is totally normal. Try putting your feet up as much as you can, taking regular walks, and drinking lots of water. Let the prison staff know if you get extreme or sudden swelling, which can be a sign of a dangerous pregnancy complication called preeclampsia.
- **Braxton Hicks contractions.** It's a totally weird sensation the first time you notice your belly getting super tight! Your muscles are flexing, basically to prep for the Wonder Woman-like tightening they're going to have to do during labour. So as long as they go away quickly, they're just par for the pregnancy course. Drink plenty of water and change positions frequently to stay comfortable.
- **Backaches.** Sorry, but lingering backaches are to be expected, as your growing baby starts to bend your spine and stress your back muscles. Backaches are especially common for women who are 23 weeks pregnant with twins. Pain, on the other hand, could be cause for concern, so tell the prison staff if you are concerned.
- **Bleeding and/or swollen gums.** You probably didn't expect pregnancy to affect your mouth! Pregnancy hormones increase your blood flow, making your gums more likely to swell and bleed.

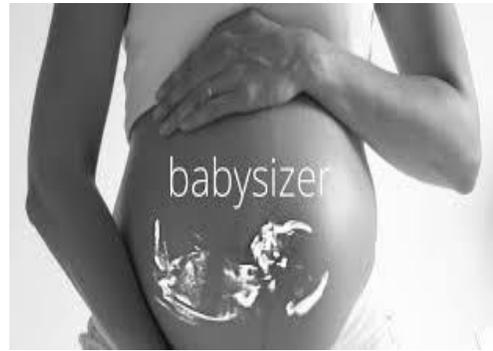
*Do you have any of these symptoms? If you do write or draw about your experiences & feelings:*

## 23 WEEKS PREGNANT BELLY

A typical 23 weeks pregnant belly measures about 21 to 25 centimetres from the pubic bone to the top of the uterus. (That's the fundal height.) At 23 weeks pregnant, you've probably gained about 12 to 15 pounds. And if you're 23 weeks pregnant with twins, you should have gained at least 23 pounds so far.

At 23 weeks pregnant, baby movement probably feels pretty cool, and it's always a comfort knowing baby's in there wiggling around. If you pay attention, you'll get to know your 23-week fetus's routine: baby's less active when he or she is sleeping and a kung fu master when he or she's awake.

Wondering what you'd see if you had a 23 weeks pregnant ultrasound? Well, baby's forming little nipples (yeah, really!) at this stage. And your cute little 23-week fetus's face is fully formed. He or she just needs a little extra fat to fill it out. Baby's entertaining him or herself by listening to your voice and your heartbeat.



**Question: What's the purpose of a middle or second name?**

**Answer:** Many Romans had three names, a *praenomen*, which was a personal name, a *nomen*, which was a family name, and a *cognomen*, which indicated what branch of family you were from. The more names you had the more respected you were by others. Women only had two names, and slaves typically had one. An example you may be familiar with, Gaius Julius Caesar.

This tradition of multiple names spread over to Western cultures in the 1700s. Aristocrats would give their children long names to show their high place in society. Spanish and Arabic cultures would give their children paternal or maternal names from previous generations to be able to keep track of the child's family tree.

But the way we use middle names today originated in the Middle Ages when Europeans couldn't decide between giving their child a family name or the name of a saint. They eventually settled on naming their children with the given name first, baptismal name second, and surname third. The tradition was spread to America as people started to immigrate overseas.

As time went on people started to stray away from religious middle names and get creative with the second name of their child. A common tradition was making the middle name the maiden name of the mother.

Source: <https://www.rd.com/culture/why-do-we-have-middle-names/>

**Question: Why don't Asian peoples usually have middle names?**

**Answer:** It's not usual practice or tradition to have a middle name. Instead relevance is given to the surname which is your clan name. A lot of pride goes into bringing honour to your family name and ancestors. Practices vary across Asia.

Name	Country /Area of Origin	Pronunciation	Boy or Girl	History/means
Takahiro	Shinto / Japanese	Taka-hero	Boy	Abundantly respectful & loving
Tatsuo	Shinto / Japanese	Tat-su-O	Girl	A female dragon
Amar	Sikh / Punjabi	A-mar	Boy	A long life
Meilani	Cook Islands & Hawaii		Girl	Heavenly Beautiful
Zalika	African	Za-LEEK-ah	Girl	A well born child
Corbon	Hebrew	Cor-bon	Boy	Offered from God
Nikeiza	Greek /	Ni-kee-ZA	Girl	Jesus victor of the people
Margot	Latin / French	Mar-go	Girl	Pearl or Daisy
Liling	Chinese	Lee-ling	Girl	White Jasmine Tinkling
Sasha	Russian / East European	SAR-cha	Boy/Girl	Protector of Humanity
Zian	Chinese& Indian (Sanskrit)	Various: she-arn, zhe-an	Boy	Son of Peace & Life, Strong
Tefo	Botswana /Africa	Tee-fo	Boy	A reward
Inzali	Burmese / Buddhist	In-Zar-Lee	Girl	Prayer / Offerings
Iqra (ic-ra)	Arabic	Ic-ra	Girl	Read (the Holy Koran)

**"A good name is to be chosen rather than great riches". Proverbs 22: 1**

THE BIG  
QUESTION FOR  
ME NOW IS:



WHAT SORT OF  
A MUM DO I  
WANT TO BE?

WHAT ARE 3 CHANGES THAT I CAN MAKE TODAY THAT  
WILL HELP ME BE THE PERSON BOTH MY BABY & I  
DESERVE TO BE?

- 1.
- 2.
- 3.

## The Importance of writing a journal for your child

I never really knew my birth mother as a person. The reason being is that during my childhood my only contact with her was during visits which I found traumatic. My birth mother had mental health issues and that only added to my miss-understanding about her. My beloved foster mother, also caused me no end of sadness by never openly telling me how proud she was that I played hockey for my country. Instead she always chuckled and said something along the lines of "oh what is it you play Darly..soccer, hockey or smockey?"

Later when I was in my early 40's I finally got hold of my full childhood social welfare records. In amongst this huge pile of documents I found many hand-written letters from my birth mother to the social welfare enquiring about my wellbeing. I was touched by the obvious effort she took in writing these letters during my entire childhood. There were also countless letters written from my foster mother informing the social welfare of my successes with hockey.



Point is, if I had never got to read the letters that had been written so long ago I never would have got to appreciate my birth mother as a parent, or understood that my foster mother was actually really proud of my achievements. The effect of these letters on me was simple - they helped to heal me.

What I'd like (love) you to consider doing is this. Start a journal now for your child to read when they are older. In this journal capture your hopes and dreams and importantly put into words the struggles you are working on over-coming. Write out your feelings as you carry your unborn baby and then through the years you are incarcerated. In your journal, write, draw, create lyrics, make plans and importantly when your filling in your journal, create each page and entry with love.



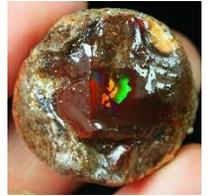
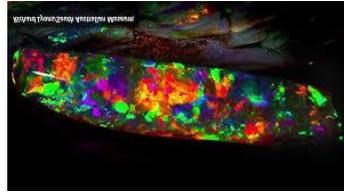
Many of us Opal mums miss out years of our children's lives and sadly some of us never get to spend any time with our children at all.- So tell your story directly from your heart to your child. Say everything you want to say because it's really important that they know you and of your love for them.

**Any woman or man is made stronger  
by the pure love of a mother.**

Have no doubt that you **WILL** be that loving mother.

*Darly - Founder of The Opal Place*





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

*My Diary Note:*

