

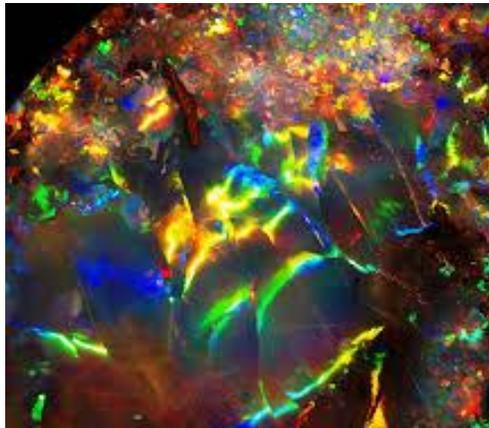
*Freestyle Note:*

**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

## 24 WEEKS PREGNANT

### How Big Is Baby at 24 Weeks?

At 24 weeks, baby is the size of a cantaloupe (**a small round melon**). Your 11.8-inch fetus now weighs about 1.3 pounds.

### 24 Weeks Pregnant Is How Many Months?

Now that you're 24 weeks pregnant, you're five months and about one week pregnant. (If you do simple multiplication, it seems like 24 weeks would be six months pregnant, but remember: all months except February are longer than just four weeks, and those extra days add up!)

*The Opal Place - Our Place of Inspiration*

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

# 24 WEEKS PREGNANT SYMPTOMS

Your 24 week pregnant symptoms probably sound a little bit like this:

- **Swollen ankles and feet.** If your feet are puffy, elevate them while you're sitting. Getting up and walking often can help too. A little bit of swelling is totally to be expected. Tell prison staff immediately if you get: swelling in your face, severe swelling in your hands, or uneven (in one leg and not the other) or any sudden swelling.
- **Leg cramps.** Tight, achy, or "jumpy" legs can be a sign of dehydration. So check that you're drinking plenty of water. Stretch your legs often, and take lots of walks.
- **Backaches.** That's because, as baby gets larger, so does your uterus (of course), and your uterus presses against your spine, making it more curved and strained. Plus, your back muscles have to work harder to carry the extra weight.
- **Linea nigra.** That's the dark line that runs up the centre of your belly. Influenced by pregnancy hormones, the linea nigra should fade within a few weeks to months after giving birth.
- **Stretch marks.** These "tiger stripes" may continue to appear as your skin stretches even more. *Think of them as your 'stripes of honour.'*

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

## 24 WEEKS PREGNANT BELLY

At 24 weeks pregnant, you've probably been feeling baby kicking for at least a few weeks, but now they're getting stronger and stronger.



**Inside your 24 weeks pregnant belly, baby's making progress.**

**It isn't just about anatomical stuff; it's about looks too.**

**Your 24-week fetus' see-through skin is gradually becoming more opaque, and it's taking on a fresh, pink glow, thanks to the small capillaries that have recently formed.**



Photo: **Lina nigra**

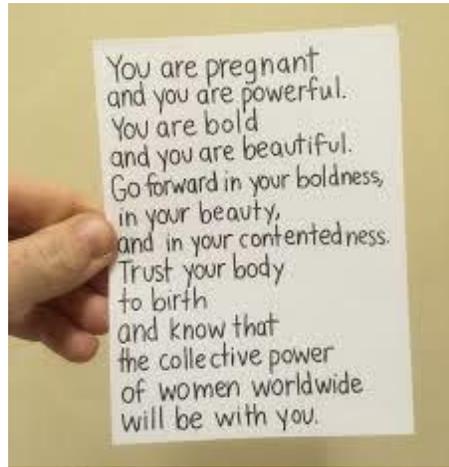
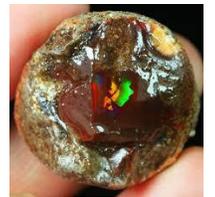
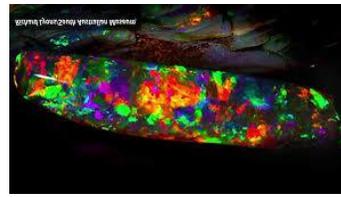


Photo: Stretch Marks - **Stripes of Honour**



**My Baby \* My Choice of Name \* My Gift for Life**

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Yasmina	Persian	Girl	Jasmine Flower
Zahari	Bulgarian	Boy or Girl	God has remembered
Mukhtar	Afghan / Persian	Boy	The chosen one
Kija	Australian Aboriginal	Girl	To Imagine
Catalina	Latin America/spanish	Girl	A woman of great purity
Reuban	Hebrew	Boy	Behold the son
Elija	Hebrew / Biblical	Boy	My god is YAHWEH
Halinka	Polish	Girl	Calm peaceful
Harry	Medieval form of Henry - Germanic	Boy	Home, Power, ruler
Pedro	Spanish / Portuguese / Latin	Boy	A version of 'peter' & in Latin means rock.
Kanisha	Judaism / Zoroastrian	Girl	Beautiful
Ishtar	Assyrian / Biblical	Girl	For of Esther - a bright star
Asadi	Afghan	Boy	One who is strong like a lion
Opeli	Tongan / Polynesian	Girl	An Opal Gem
Thayne or Thane	Old English / Scottish	Boy	Land holder
Jaygopal / Jaigopal	Hindu	Boy	Victorious / One of the names of Lord Krishna & it includes the gem Opal
Bede (bead)	Old English	Boy	Prayer
Estella	French	Girl	Star
Zenji	Tibetan / Buddhist	Boy / Girl	Zen Master
Jem	Zoroastrian / Christian	Boy	A form of James



## 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:*