

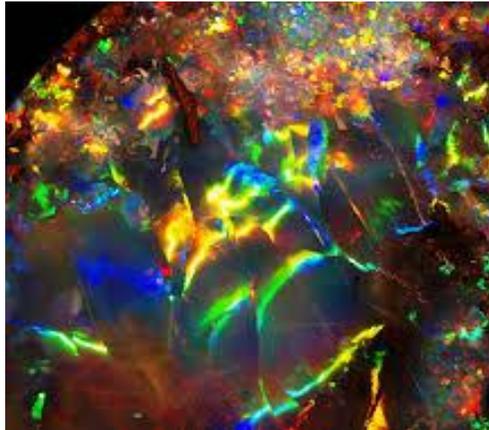
Freestyle Note:

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

25 WEEKS PREGNANT

How Big Is Baby at 25 Weeks?

Baby at 25 weeks is as big as a head of cauliflower, measuring 13.6 inches in length and weighing nearly 1.5 pounds. **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

25 Weeks Pregnant Is How Many Months?

25 weeks pregnant is five months and about two weeks pregnant.

The Opal Place - Our Place of Inspiration

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25 WEEKS PREGNANT SYMPTOMS

While you're still feeling pretty energetic, you're probably also starting to feel weighed down by your bigger-by-the-day baby. Your 25 weeks pregnant symptoms may include:

- **Trouble sleeping.** Experiment with different strategies for getting some sleep. One idea is to drink extra water early in the day, so you can start tapering off your intake as you get closer to bedtime. That way, you might need fewer bathroom breaks during the night.
- **Frequent urination.** Now that baby's crowding your bladder, you've got to pee. **A lot!**
- **Constipation.** Exercise & take regular walks. Drinking lots of water, and eating plenty of fibre-rich foods to help keep you regular.
- **Haemorrhoids.** We can't sympathize enough about these swollen varicose anal veins. Haemorrhoids are common in the second half of pregnancy because baby is putting a ton of pressure on your digestive tract. And the constipation certainly isn't helping. Getting the constipation under control will help prevent straining while you go to the bathroom and hopefully will prevent future swelling and discomfort.
- **Gas and bloating.** Your hormones are slowing down digestion, creating excess gas.
- **Heartburn.** Baby is pushing on your digestive tract, which can, in turn, push stomach acid up your oesophagus and cause painful burning. Avoid eating greasy and spicy foods and try drinking milk.
- **Braxton Hicks contractions.** Usually these little "practice contractions" show up around 28 weeks, but some moms-to-be notice them earlier than that. If you get them, you'll notice your uterus get super hard and tight and then go back to normal. Luckily, Braxton Hicks contractions aren't frequent and they don't happen regularly. They'll also go away if you switch positions. Real contractions, on the other hand, will happen repeatedly and will continue to get stronger and more frequent. If you're worried your contractions are the real deal and not just practice let the prison staff know.

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

25 WEEKS PREGNANT BELLY

When you're 25 weeks pregnant, weight gain can be a source of anxiety but it's also really common for the number on your weight scale to jump around during this time in the second trimester. Part of that may be due to the amount of water weight pregnant women put on in mid-pregnancy. And realistically, gaining the exact same amount of weight each week just isn't going to happen —there are naturally going to be some fluctuations.

Your fetal movement at 25 weeks has become more noticeable, you're probably noticing some patterns. When you're feeling lots of kicks, baby's awake, and when you're not, he or she is likely snoozing. Regular movement is a sign of a healthy, active baby.

Baby's enjoying his or her new sense of **equilibrium**, which has resulted in your 25-week fetus is now knowing which way is up and which is down.

Question: What is equilibrium balance?

Answer: Balance, the ability of your body to maintain **equilibrium** (keep up the right way!) when you are carrying out our daily activities is something we can take for granted. Nerve receptors in the fluid-filled semicircular canals of the inner ear send **balance** messages to the brain when your head moves side to side or up and down.



What are the Best Sleep Positions During Pregnancy?

- The best sleep position during pregnancy is **“SOS” (sleep on side)**.
- Even better is to sleep on your left side. Sleeping on your left side will increase the amount of blood and nutrients that reach the placenta and your baby.
- Keep your legs and knees bent, and put a pillow between your legs.
- If you find that you are having problems with back pain, use the “SOS” position, and try placing a pillow under your abdomen as well.
- If you are experiencing heartburn during the night, you may want to try propping your upper body with pillows.
- In late pregnancy, you may experience shortness of breath. Try lying on your side or propped up with pillows.

These suggestions may not sound completely comfortable, especially if you are used to sleeping on your back or stomach, but try them out. Keep in mind that you may not stay in one position all night, and rotating positions is fine.



What Sleep Positions During Pregnancy Should I Avoid?

- **Sleeping on your back:** This can cause problems with backaches, breathing, the digestive system, haemorrhoids, low blood pressure and cause a decrease in circulation to your heart and your baby. This is a result of your abdomen resting on your intestines and major blood vessels (the aorta and vena cava).
- **Sleeping on your stomach:** When you are farther along in your pregnancy, your abdomen undergoes physical changes and makes it more difficult for you to lay on your stomach.

Source: <https://americanpregnancy.org/pregnancy-health/sleeping-positions-during-pregnancy/> & article date was: 16.07.2019

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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Jamari	Sikh	Boy	A good looking man
Kana	Shinto / Japanese	Girl	One who has the power
Hezekiah	Hebrew / Biblical	Boy	God gives strength
Daevy	Cambodian / Sanskrit	Girl	Angel
Shanita	African American	Girl	The graciousness of god
Ruksana	Persian	girl	A gorgeous & lovely persian princess
Shani	Egyptian	Girl	A Wonderful woman
Halinka	Polish	Girl	Calm peaceful
Rhetta / Retta	Latin	Girl	Beloved



Photo: Baby is stretching & changing the shape of the mum's tummy

I am a Strong Woman

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

My Diary Note:

Don't forget; **SOS** = Sleep on Side (preferably your LEFT side)