

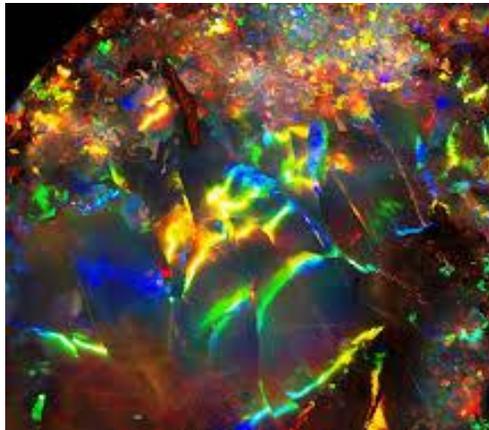
Freestyle Note:

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

26 WEEKS PREGNANT

How Big Is Baby at 26 Weeks Pregnant?

At 26 weeks pregnant, baby is as big as a head of kale.

Your 26-week fetus measures about 14 inches and weighs about 1.7 pounds. He or she is developing senses, features, and even talents! Wow!



Photo: Kale

26 Weeks Pregnant Is How Many Months?

26 weeks pregnant is five months and about three weeks pregnant. You're making your way through the sixth month of pregnancy.

26 WEEKS PREGNANT SYMPTOMS

Your 26 weeks pregnant symptoms are mostly discomforts—and are steadily getting more uncomfortable as baby grows and your body begins to make changes to get ready for childbirth.

- **Trouble sleeping.** *Yawn!* The closer you get to your due date, the tougher it might be to get some rest! Watch your caffeine intake, stay hydrated, and get a little exercise (take walks!) to help your body settle down at night.
- **Swelling.** You might not like the puffiness, but it's normal to have some mild swelling around week 26 of pregnancy. But it's important to watch out for swelling that's severe or sudden, which could be a sign of a dangerous condition called preeclampsia. Let your prison staff know if you are worried.
- **Headaches.** These are often due to hormone fluctuations or stress. But you can also get headaches if you're hungry or dehydrated, so continue taking care of yourself and baby by eating at least every few hours and keeping a glass of water by your side for frequent sipping.
- **Braxton Hicks contractions.** Notice your belly occasionally feeling really tight? That's a contraction. Yep, already. (Braxton Hicks might be more noticeable for women who are 26 weeks pregnant with twins.) Don't freak out though—your muscles are flexing to practice for labour. As long as the contractions aren't steady or severe, they're run-of-the-mill. Tell the prison staff if the contractions are painful or don't stop; those are signs of preterm labour.
- **Higher blood pressure.** A slight boost in blood pressure is normal at 26 weeks pregnant. If your doctor sees too high of a boost though, they might have you monitored more closely

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

26 WEEKS PREGNANT BELLY

By 26 weeks pregnant, you've probably gained about 16 to 22 pounds—or about 27 to 42 pounds if you're 26 weeks pregnant with twins. When you touch your 26 weeks pregnant belly, you'll notice the top of your uterus is about 2.5 inches above your belly button. Your belly will keep growing about a half inch each week for the rest of your pregnancy. You're probably itching to find out what's going on inside your 26 weeks pregnant belly. Here's a look: Baby's taking breaths, of amniotic fluid, not air. It's good practice for those first moments after birth!

Baby's getting his or her immune system ready for life on the outside by soaking up your antibodies. And baby's eyes are forming, and his or her eyes will soon start to open. Can you believe your 26-week fetus has already grown eyelashes?



- Have your goals changed now that you're going to be a parent?
- What sort of a mum do you want to be?
- In 20 years time - What do you want your child to think of you, both as a person & as a parent?

My Opal friend - whether you're in prison for a few years or even life, you still need to step up & be a good parent & grow as a person so that you can support & inspire your child as they grow to adulthood & beyond.

My now adult son tells me that it would've been so easy for him to chuck in school & give into drinking & drugs during his teenage years, but that the thought of me trying to do my best to educate myself in prison as well as my deep love for him kept him on-track.

You can & will be the best Mum for this coming baby.



Darly & Rhett - My Son

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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Patryk	Polish	Boy	One who has a noble heart
Decota	Sioux (American Native)	Boy / Girl	Friendly natured
Kopal	Judaism / Indian	Girl	A rosebud - also includes the gem Opal
Tuiara	Cook Island Maori	Girl	To Thread pineapple
Thet	Buddhist / Burmese	Boy	He who is calm
Brada	Ukrainian	Boy	Affectionate & compassionate



The Opal Place - Our Place of Inspiration



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:

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

The Opal Place - Our Place of Inspiration

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