

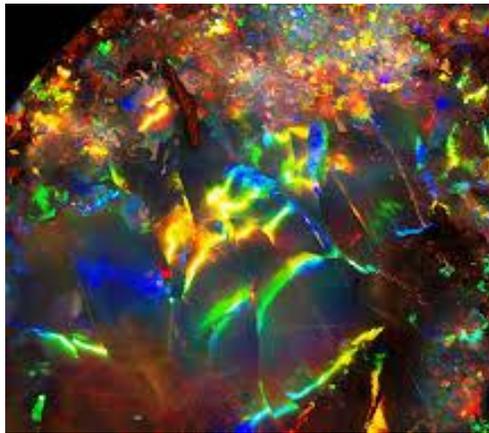
Freestyle Note:

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

27 WEEKS PREGNANT

How Big Is Baby at 27 Weeks?

At 27 weeks pregnant, baby is as big as a head of lettuce. The average 27-week fetus measures 14.4 inches and weighs 1.9 pounds. But baby's not just getting bigger, he or she is also getting smarter.

27 Weeks Pregnant Is How Many Months?

27 weeks pregnant is five months and four weeks pregnant. This is the last week of the sixth month and the last week of the second trimester.

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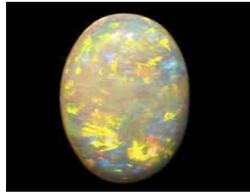
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27 WEEKS PREGNANT SYMPTOMS

The most common 27 weeks pregnant symptoms are:

- **Leg cramps.** Keep stretching those legs—flexing your feet can help too & keep drinking lots of water.
- **Backaches.** Gentle stretching can help your back, too.
- **Haemorrhoids.** Straining to go to the bathroom and all the pressure baby's putting on your lower half can cause this not-so-pretty 27 weeks pregnancy symptom.
- **Skin, hair, and nail changes.** Your skin, hair, and nails might be thicker or grow faster (yay!) but they might also be more brittle (boo).
- **Snissing.** This is what we call peeing when you sneeze. Baby is putting a ton of pressure on your bladder and there's not much you can do about it except take frequent pit stops to empty your bladder and maybe wear a sanitary pad to give you some reassurance.

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



*Exercises for the back,
such as this low
back stretch, can help ease
backaches.*

*Rest on your hands and
knees with your head in line
with your back. Pull in your
stomach, rounding your
back slightly.*

*Hold for several seconds,
and then relax your
stomach and back —
keeping your back as flat as
possible.*



27 WEEKS PREGNANT BELLY

Healthy weight gain at 27 weeks pregnant is around 15 to 30 pounds (**one pound in weight = 0.45 in kilogram weight**). If you've gained more quickly than recommended, then do watch what you eat. By sticking to pregnancy weight gain recommendations, you're reducing your risk of pregnancy complications and preterm labour. You're also making your third trimester a little easier by not having extra pounds to carry about.



You're probably feeling a ton of kicks inside that 27 weeks pregnant belly and twice as many if you're 27 weeks pregnant with twins. You may even feel tiny hiccups, which are like patterns of little twitches. Inside your 27 weeks belly, baby's practicing inhaling and exhaling with his or her rapidly developing lungs.

And it's official: Baby's showing brain activity! From here on out, baby's brain will keep getting more complex so start stimulating their brain now .



& guess what? Your babies eyes begin to open between weeks 26 & 28.



How: Read books & stories, talk & sing to your baby - start their education now!

Tip: Sing the A,B,C song a lot & make up your own counting songs to give them a head-start in life.

Why: Imagine how it'll be when you're child starts learning their ABC's & how to count at pre-school. By already having had you sing these tunes, words & numbers to them while they were in the safety of your belly may help them make a quicker connection in a learning environment.

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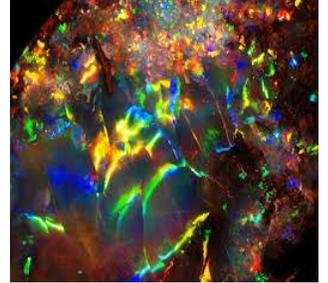
My Baby * My Choice of Name * My Gift for Life

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Hanni	Austrian	Girl	Grace, Beauty, Favour, Kindness, Goodwill
Stella	Latin	Girl	Star
Sione (see-o-nee)	Samoan	Boy	God is gracious
Husani	Egyptian	Boy	A handsome boy
Elizabeta	Bosnian / Biblical	Girl	Dedicated to God
Khadija	Arabic / Muslim	Girl	Muhammad's beloved first wife.

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:

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

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