

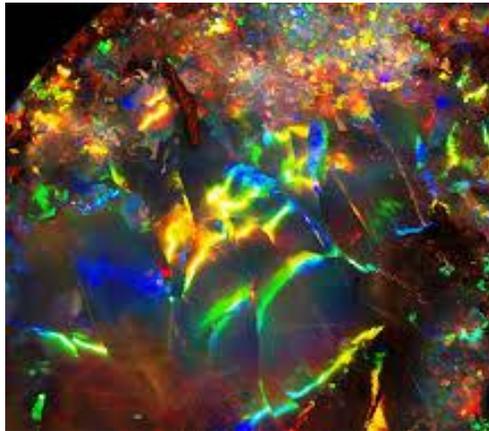
*Freestyle Note:*

## 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

## 28 WEEKS PREGNANT

### Welcome to the third trimester!

#### How Big Is Baby at 28 Weeks Pregnant?

At 28 weeks, baby is the size of an eggplant. Putting on layers of fat, your baby now measures about 14.8 inches from head to toe and weighs in around 2.2 pounds. **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

#### 28 Weeks Pregnant Is How Many Months?

When you hit the 28-week mark, you are six months pregnant. This week, you're embarking on both your seventh month and your third trimester.

*The Opal Place - Our Place of Inspiration*

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

# 28 WEEKS PREGNANT SYMPTOMS

As your body gets more and more crowded by your growing 28-week fetus and starts prepping for his or her arrival, you might be noticing some new pregnancy symptoms. These symptoms are common at this stage of the your pregnancy:

- **Trouble sleeping.** As you get closer to your due date, you'll likely have more and more trouble getting to sleep. This is normal.
- **Shortness of breath.** Baby continues to crowd your lungs and diaphragm, making it tougher to catch your breath.
- **Aches and pains.** The third trimester can be really uncomfortable due to hormone fluctuations and the toll pregnancy is taking on your body. (We're especially talking to you mamas who are 28 weeks pregnant with twins!). Exercise will help. Stretching, yoga & walking are great.
- **Braxton Hicks contractions.** These practice contractions might be getting stronger, more noticeable, or more frequent as your body gets ready for labour. Keep an eye out and be sure that the contractions are only occasional. If they're regular and continue getting closer together, and don't stop when you switch positions, you could be in preterm labour and tell prison staff ASAP!
- **Leaky boobs.** Your breasts may already be producing baby's first food, a yellowish substance called colostrum. And surprise! Some of it might actually come out before baby does!

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



**Question: What is colostrum**

**Answer:** *Colostrum is the first form of milk produced by the mammary glands of mammals immediately following delivery of the newborn. Most species will generate colostrum just prior to giving birth. Colostrum also contains antibodies to protect the newborn against disease*

**Question: What does colostrum do for my baby?**

**Answer:** *Colostrum helps your baby build a strong immune system (contains antibodies and white blood cells). Creates a tough coating on your baby's stomach & intestines to keep germs from causing illness.*

# 28 WEEKS PREGNANT BELLY

Inside your 28 weeks pregnant belly, baby's starting to develop more fat, so his or her once-wrinkly skin is starting to get smoother. In pretty amazing news, baby's practicing breathing.



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

| Name    | Country /Area of Origin     | Boy / Girl or Both | History /Means                                     |
|---------|-----------------------------|--------------------|--|
| Li Jun  | Chinese                     | Boy                | Li = beautiful, talented & Jun = King, Ruler       |
| Ricard  | Catalan (province in Spain) | Boy                | A ruler known for his might & strength             |
| Kalimba | Bantu (Africa)              | Girl               | A little or gentle music                           |
| Jakov   | Croatian, Serbian, Bosnian  | Boy                | May God watch over you                             |
| Nika    | Croatian, Russian           | Boy or Girl        | The one who is for Gods purpose                    |
| Abriana | Italian / Hebrew            | Girl               | Female variant of Abraham - meaning father of many |
| Dahna   | Italian                     | Girl               | Respectful Lady                                    |
| Daavi   | Greenlandic                 | Boy                | A form of David - meaning beloved.                 |

## The Importance of writing a journal for your child

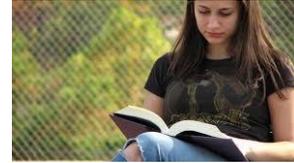
I never really knew my birth mother as a person. The reason being is that during my childhood my only contact with her was during visits which I found traumatic. My birth mother had mental health issues and that only added to my miss-understanding about her. My beloved foster mother, also caused me no 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:*

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

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