

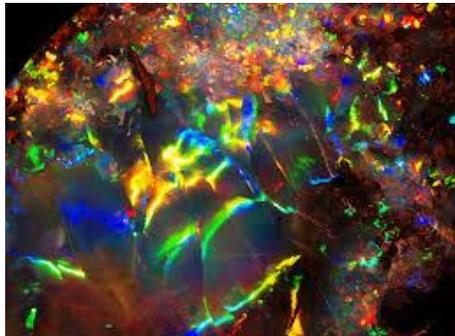
*Freestyle Note:*

## 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

# 29 WEEKS PREGNANT

## How Big Is Baby at 29 Weeks?

At 29 weeks baby already measures about 15.2 inches long. And he or she weighs about 2.5 pounds, but still has a way to go, can you believe baby will triple in weight before birth? **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

## 29 Weeks Pregnant Is How Many Months?

29 weeks pregnant is six months and one week pregnant.

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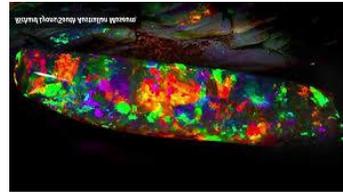
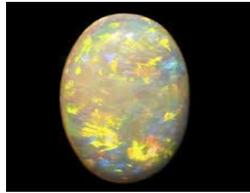
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## 29 WEEKS PREGNANT SYMPTOMS

At 29 weeks pregnant, baby's not just moving a lot, but also plumping up. And as baby continues to put pressure on your digestive system, you're going to feel the effects: haemorrhoids, heartburn, pelvic pain, and frequent urination are all common at this stage in the game. These symptoms are common at this stage of the your pregnancy:

- **Headaches and/or light-headedness.** You can get a headache or feel out of sorts if you're sleep deprived. (I know it's probably been tough to get a restful night of sleep!) But it could be from low blood sugar too, so make sure you're eating at regular intervals.
- **Itchy belly.** Your skin is stretching thinner, making it more sensitive. Lotion up and drink lots of water!
- **Back, leg, or hip pain.** Some soreness is totally normal because your body's carrying around extra weight, and depending on baby's position, he or she is putting pressure on your internal organs. Plus, your joints and ligaments are getting softer and more relaxed in preparation for delivery. All of that pressure can cause aches and pains all over.
- **Haemorrhoids.** Baby's putting pressure on your digestive system too, and those pesky hormones may be relaxing your intestinal muscles, causing uncomfortable haemorrhoids. Combat them by eating plenty of fiber, eat leafy veggies & drink lots of water.
- **Constipation.** This isn't really helping the haemorrhoid situation, is it? The fiber and water will help here as well.

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



## 29 WEEKS PREGNANT BELLY

You'll also notice lots of kicks inside your 29 weeks pregnant belly. Baby is starting to feel a bit crowded, and thanks to surging energy levels, is pretty active. Anytime you're worried about low fetal activity, let the prison staff know

If you're 29 weeks pregnant with twins, a membrane—basically, a thin wall—has formed between the babies. Your twins are definitely getting super crowded inside your 29 weeks pregnant belly! A baby at 29 weeks pregnant is growing white fat deposits under the skin, and his or her energy is surging because of it!

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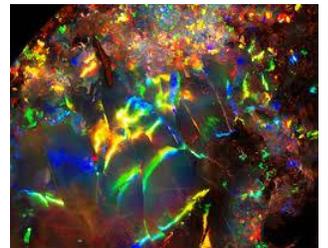
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The relationship between a mother & her child is important - Being an Opal (person in prison) mum adds a different set of dynamics to the relationship, but it does not alter the fundamental truth which is that you will be this child's mum.

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.

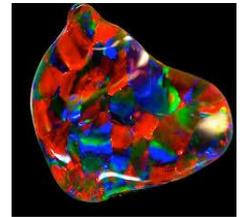
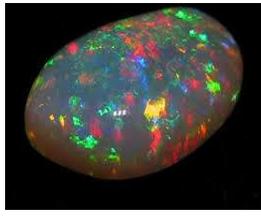


**Don't be tempted to sleep on your belly because it's dangerous for your baby's health**



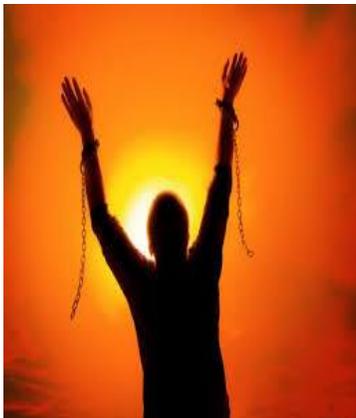
**Keep Safe & Sleep on your Side or Back**





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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Leo	Latin	Boy	Lion. A good name for a boy born under the Star-Sign of Leo (23 July - August 22)
Leonie	Latin	Girl	A lioness
Tanju	Turkish / Islam	Boy	He who is blessed by Allah
Makena	East African	Boy or Girl	The one who is in a constant and happy mood
Ruid	Dutch	Boy	He who is like a famous wolf
Rini	Japanese	Girl	One who is like a sweet little bunny
Tawanda	Zimbabwean	Girl	A slender young tree
Siiri	Finnish	Girl	A fair, beautiful woman who is victorious
Benaim	Ethiopian	Boy	Son of the right hand
Kostas	Cyprus / Greek	Boy	One who is constant
Haniah	Ghana / Arabic	Girl	Of happiness & bliss
Xoese	Ghana	Boy or Girl	Believe
Taniska	Hindu / Gujarati	Girl	Goddess of Gold - Daughter
Hugo	French / European	Boy	Intelligence
Alessandro	Old Greek, Spanish	Boy	A variation of Alexander - Defender of Men
Alazander	Greek	Boy	A variation of Alexander - Defender of Men
Daan	Hebrew / Germanic	Boy	God is Judge
Natesha	Hebrew / Russian	Girl	Celebration of birth
Kaysie	Irish	Girl or Boy	Watchful & Brave
Kirk	Scottish	Boy	Church
Ashanko	Hindu	Boy	Fearless, brave, courageous, Valiant, bold, daring
Bodee	Germanic	Boy	He who is Gods messenger
Cariad	Welsh	Girl or Boy	A darling & beloved person
Yuzana	Burmese / Buddhist	Girl	Orange Jasmin



## 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*

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# 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)

