

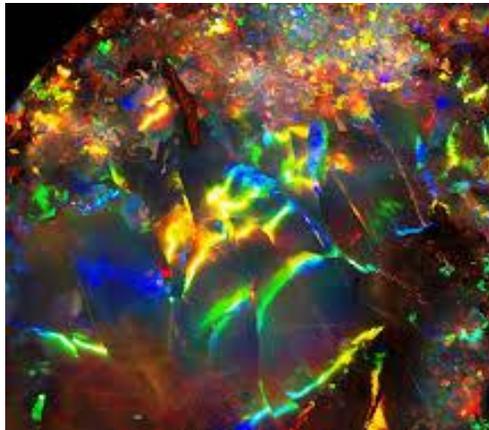
Freestyle Note:

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

30 WEEKS PREGNANT

How Big Is Baby at 30 Weeks?

At 30 weeks pregnant, baby is the size of a zucchini. Your 15.7-inch, 2.9-pound, 30-week fetus continues to grow about half a pound and half an inch each week.

30 Weeks Pregnant Is How Many Months?

30 weeks pregnant is six months and two weeks pregnant. Just 10 weeks (give or take, of course!) to go.

The Opal Place - Our Place of Inspiration

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

30 WEEKS PREGNANT SYMPTOMS

Here are other common 30 weeks pregnant symptoms:

- **Heartburn.** If you're feeling the burn, pay attention to which foods may be causing it. (Often, that's greasy, heavy, spicy, or acidic food.) Avoid them as much as you can, especially before bedtime, since this annoying 30 weeks pregnant symptom can make sleep hard to come by.
- **Trouble sleeping.** You're tossing and turning because you can't get comfortable—and because your mind is racing. It's such a vicious cycle that leads to another issue: Fatigue.
- **Swelling.** A little puffiness is to be expected, and will typically go down if you put your feet up for a while. Just know that sudden or severe swelling can be a sign of a problem, so keep an eye out for that.
- **General discomfort.** Thanks to your big belly everything is starting to feel uncomfortable.
- **Shortness of breath.** Those lungs just keep getting more crowded, right? Baby is still up high near your rib cage during pregnancy at 30 weeks.

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

30 WEEKS PREGNANT BELLY

You might notice your 30 weeks pregnant belly getting pretty hard and tight at times. At 30 weeks pregnant Braxton Hicks contractions are pretty common. These are your body's way of gearing up for labour. Braxton Hicks tend to happen after exercise or when you're tired or dehydrated. If you get them, sit down or lie on your side, relax, and drink water. If the contractions don't stop, or if you have four or more in an hour, let the prison staff know straight away as it could actually be preterm labour.

During pregnancy at 30 weeks, baby's position is still head up. Your 30-week fetus is floating comfortably in about 1½ pints of amniotic fluid (**1 litre liquid = 2.11 liquid pints**).

It may seem cramped in there, but he or she still has room to move around. Over the upcoming weeks, your belly will grow even further past your rib cage to accommodate baby, but he or she will still get a little more crowded as you approach your due date.



At 30 weeks baby is still most-often in the 'head-up' position. But he or she still has room to move around.



Question: What's FASD?

Answer: Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. FASDs are caused by a woman drinking alcohol during pregnancy. Alcohol in the mother's blood passes to the baby through the umbilical cord.

Signs and Symptoms of a baby born with FASD

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)



- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)

Have you put any thought into this question: What are your benefits - to you carrying your baby in prison?

I'm sure you can think of a whole pile of reasons why you'd rather be carrying your baby on the out-side. But have you given thought to the benefits of being pregnant inside?

- ✓ No access to Alcohol (No FASD) & drugs?
- ✓ No violent partner to deal with
- ✓ Good nutritious food
- ✓ Opportunity to rest & exercise

What else can you think of:

- 1.
- 2.
- 3.

THE BIG QUESTION FOR ME NOW IS:



WHAT SORT OF A MUM DO I WANT TO BE?

Hiya from Darly

I'm not going to exaggerate & say that I was deliriously happy about being in prison, because I wasn't! But I recognised that I needed to change & that prison was going to give me a safe place to be able to make the changes I needed to become a better person & a better mum.

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| <ul style="list-style-type: none"> • Learning disabilities • Speech and language delays • Intellectual disability or low IQ • Poor reasoning and judgment skills • Sleep and sucking problems as a baby • Vision or hearing problems • Problems with the heart, kidneys, or bones <p>Source: https://www.healthline.com/health/fetal-alcohol-syndrome</p> | <p>You're going to have good days & bad days over the next months & years to come, but keep moving forward both as a person & mum. I don't know whether you get to keep baby after he/or she is born in your prison facility or whether you're going to have to surrender your baby after birth, but either way make sure that you give this unborn child of yours the best start in life.</p> <p>Let your life-story become an inspiration to your child as they grow to adult-hood & become your child's hero.</p> |
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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 |
|--------------|-------------------------|--------------------|---|
| Tanzima | Bengali / Hindu | Girl | Gift from Heaven |
| Kaia | Maori | Girl | Gift from the Sea |
| Raguel | Hebrew / Judaism | Boy | One of the Seven Archangels |
| Donald | Celtic / Gaelic | Boy | A great chief who rules the world |
| Yasmoon | Arabic / Afghan | Girl | Jasmine Flower |
| Nerian | Judaism | Boy | The Person who cares for others |
| Aristophanes | Ancient Greek | Boy | A Brilliant person |
| Bahira | Islam | Girl | One who is born with a brilliant beauty |
| Kaida | Japanese | Girl | A little dragon |

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)