

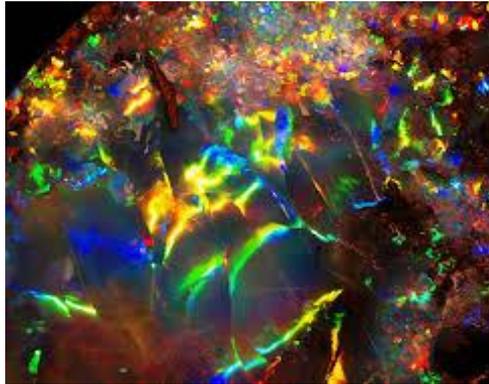
*Freestyle Note:*

## 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

## 31 WEEKS PREGNANT

### How Big Is Baby at 31 Weeks?

At 31 weeks pregnant, baby is about 16.2 inches long and weighs about 3.3 pounds. Baby's getting so big, he or she's probably crowding your lungs, which is why you might find yourself winded on a normal walk up any stairs.

### 31 Weeks Pregnant Is How Many Months?

31 weeks pregnant is six months and three weeks pregnant. You're wrapping up month seven at the end of this week.

## 31 WEEKS PREGNANT SYMPTOMS

From week 31 of pregnancy on, you're bound to feel a lot of the same symptoms you've already been experiencing. Some may get worse, and some may become bearable. Here are the most typical 31 weeks pregnant symptoms:

*The Opal Place - Our Place of Inspiration*

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

- **Shortness of breath.** You might start to have more trouble getting around as you get heavier and more short of breath. Remember not to push yourself too much. It's good for you and baby to get some exercise, but definitely take breaks to rest as much as you need to.
- **Dry, brittle nails.** Sure, you're having extra finger- and toenail growth, but that can make those nails feel dry and easily broken.
- **Braxton Hicks contractions.** To ease the discomfort of Braxton Hicks, drink plenty of water and change positions often. This will prevent those "practice contractions" from turning into preterm labour.
- **Leaky boobs.** That yellow liquid is baby's first food, called colostrum, and your body's getting it ready for arrival.
- **Frequent urination.** Your bladder's just as crowded as your lungs are. Not much you can do about it except mentally plan more bathroom breaks into your daily routine.
- **Trouble sleeping.** It's no wonder you can't sleep when your back hurts, your belly's contracting, you can't find a comfortable position, and you have to keep getting up to pee!

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

## 31 WEEKS PREGNANT BELLY

By 31 weeks pregnant you've probably gained about 21 to 27 pounds. If you're 31 weeks pregnant with twins, it's more like 27 to 42 pounds (**1 weight pound = 0.45 kilogram weight**).

Your week 31 fetus is going through major brain and nerve development. His or her eyes are developing too and the irises can now react to light! (A little light does shine into your 31 weeks pregnant belly at times!) In fact, all five of baby's senses are in working order.

**Baby's position at 31 weeks?** Will usually be head down by now.

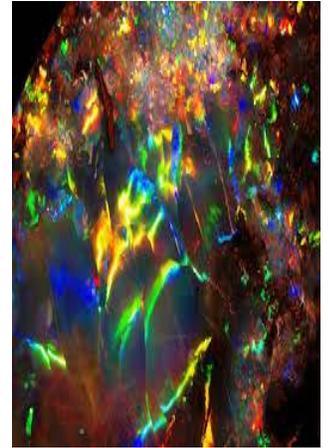
This does vary from woman to woman though.



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.

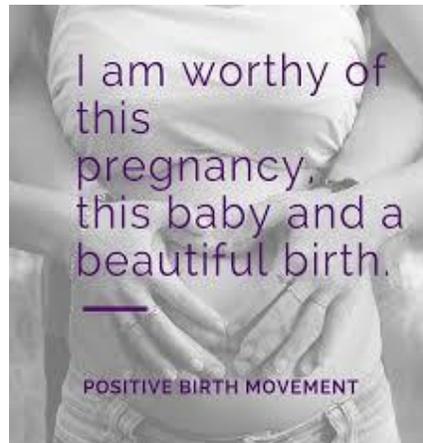
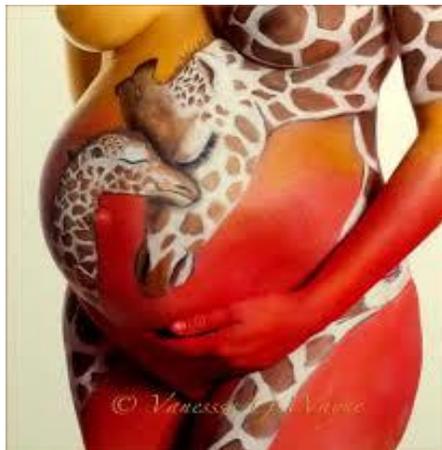


Whoever this baby will be - is the most perfect baby for me.



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

Nayanika	Bengali	Girl	Completely happy & contented
Toshika	Hindu	Girl	A bright, clever & alert person
Alykhan	African / Islam	A Boy or Girl	A lovely gift from heaven - attractive person
Nethan	Hebrew	Boy	The special talent from God
Taika	Maori	Boy	Tiger



# 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)

