

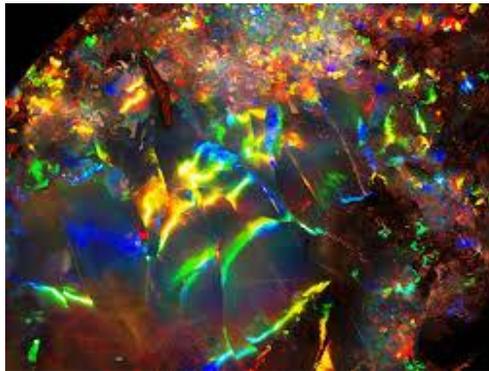
Freestyle Note:

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

32 WEEKS PREGNANT

How Big Is Baby at 32 Weeks?

Your 32-week baby is about 16.7 inches and weighs in at about 3.8 pounds at 32 weeks pregnant.

32 Weeks Pregnant Is How Many Months?

32 weeks pregnant in months is seven months pregnant. Welcome to month 8!

32 WEEKS PREGNANT SYMPTOMS

Heartburn and contractions tend to get more noticeable around week 32 of pregnancy. Here are the most typical

31 weeks pregnant symptoms:

- **More Braxton Hicks contractions.** Those "practice contractions" are likely getting more frequent and stronger. (This might be confused with 32 weeks pregnant cramping.) There's one big difference between Braxton Hicks contractions and the real deal: These guys go away. Real contractions just keep coming. Women who are 32 weeks pregnant with twins are at higher risk for preterm labour, so definitely watch for contractions that don't let up.
- **Darker nipples.** Suddenly your areolas look darker. No one knows exactly

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

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why, but one theory is they darken so that baby can see them better for breastfeeding.

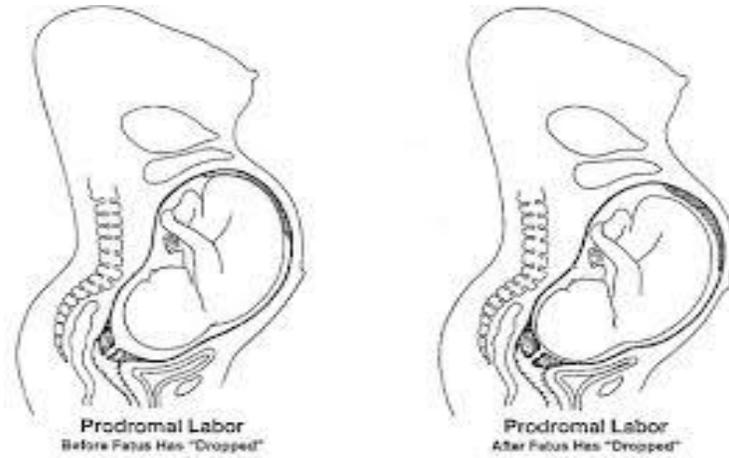
- **Shortness of breath.** Don't worry: baby is getting plenty of air. You're not though, so don't push yourself too hard.
- **Leaky boobs.** Your breasts are probably noticeably bigger and they may even have begun producing colostrum, which is the thick yellow fluid that baby will eat in the first few days of life. Don't be surprised to see a little bit leaking at this point.
- **Vaginal discharge.** Increased discharge is your body's way of preparing for delivery; it prevents infection down there. Keep your eye out for the mucus plug—this thick, gooey (sometimes bloody) substance covers the cervix until a few days (or just hours) before labour, when your body expels it. Another thing to keep an eye on: discharge that seems more like a watery liquid. If you're having a constant flow that's more like water than discharge, your water might have broken, causing a slow leak. If that happens let the prison staff know immediately.

32 WEEKS PREGNANT BELLY

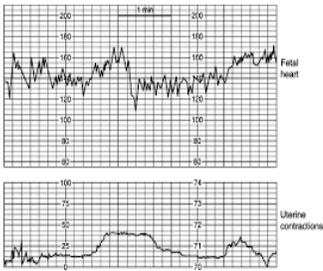
A 32 weeks pregnant belly should measure about 30 to 34 centimetres from the top of the uterus to the pelvic bone. Sometime between now and around week 34, baby will “drop” from up near your ribs to down near your pelvis, where he or she will hang out in the head-down position until delivery. When this happens you may notice you suddenly go from “carrying high” to “carrying low.” This isn't a guarantee though; some babies don't drop until mom's actually in labour.



Baby's getting ready for his or her descent and, as we mentioned it is likely in the head-down position now. He or she is probably feeling even more cramped.



I am a Strong Woman



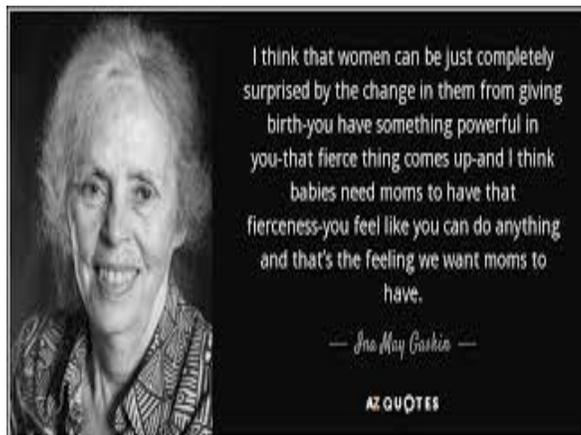
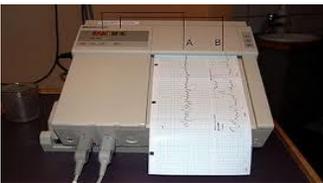
When I was carrying my son I soon noticed that many other mums would dump unsolicited advice on me to do with the horrors of giving birth & how the level of pain was going to be so unbearable! Luckily for me I'd read about this woman who'd made a comment that'd stuck in my head. She'd said that she was blown away by how awesomely strong her body was & that that each contraction totally empowered her...& she was right!

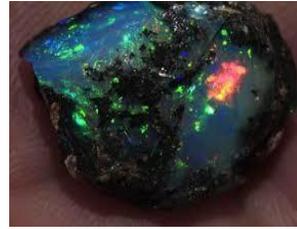


At the hospital your contractions are measured & you get to see a them on graph & I got a huge buzz each time I had one bigger than the previous. The feelings to do with the process of giving birth are weirdly different to anything else you'll ever feel, but don't label these feelings with the word 'pain.' Giving birth is to do with power, so don't minimise this experience by being intimidated by **YOUR POWER.**



Giving birth is an awesomely amazing experience & You are a strong woman my Opal friend - Daryl





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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Atawhai	Maori	Boy or Girl	One who is kind & caring
Freeborn	English	Boy	One who is born free
Zaeem	Arabic / Lebanese	Boy	A chief or leader
Allonia	Hebrew / Judaism	Girl	Oak Tree
Tseeli	Hebrew / Judaism	Girl	Princess
Jevera	Gothic (old Germanic)	Girl	Life
Valerian	Gothic / Latin	Boy	Valiant
Rhode	Old English	Boy	Field of Roses / Clearing in the Wood
Ju-Long	Chinese	Boy	Powerful - Strong like a Dragon
Ryoko	Japanese	Girl	A woman who is like a Dragon
Eroica	Latin	Girl	Heroic
Amahd	Arabic / Islam	Byo	A name of the Prophet Muhammad, Commendable & Noble

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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