

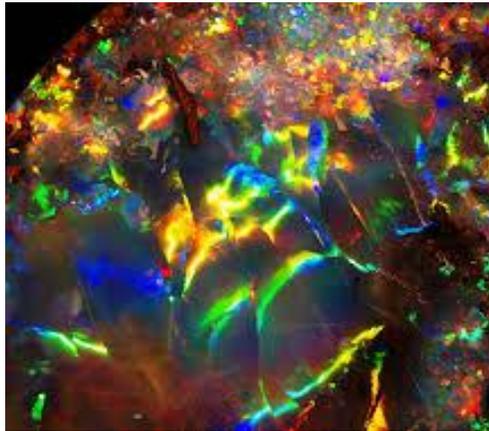
Freestyle Note:

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

33 WEEKS PREGNANT

How Big Is Baby at 33 Weeks?

At 33 weeks pregnant, baby is about 4.2 pounds and measures about 17.2 inches and may grow up to a full inch this week (**1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres**).

33 Weeks Pregnant Is How Many Months?

33 weeks pregnant is 7 months and about one week pregnant.

The Opal Place - Our Place of Inspiration

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

33 WEEKS PREGNANT SYMPTOMS

33 weeks pregnant symptoms in one word? Discomfort! Here's what you're probably feeling this week.

- **Overheating.** Because of your increased metabolic rate you may feel hotter.
- **Headaches.** Hormone fluctuations at 33 weeks can cause headaches. So can stress or dehydration, so try to take it easy and drink plenty of water.
- **Shortness of breath.** By now, you may be used to not being able to fully catch your breath (especially if you're 33 weeks pregnant with twins). If your baby has 'dropped' you will be able to breathe a little easier.



Your lungs are finding it hard to fully expand - which makes you short of breath!
This will ease when baby 'drops' into your pelvis over the next week or so.

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

33 WEEKS PREGNANT BELLY

If you feel your belly tightening occasionally, you're probably having Braxton Hicks contractions. Here's how you know: Braxton Hicks aren't painful and often happen after exercise. They're different from regular contractions because they stop when you switch positions. Real contractions keep going.

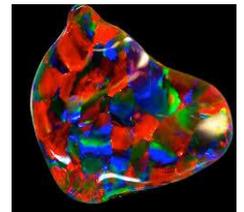
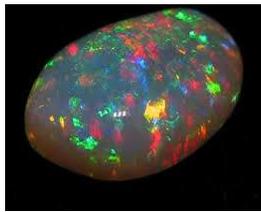
Certain complications and conditions make you more likely to go into labour early, such as having excess amniotic fluid, being dehydrated, or being 33 weeks pregnant with twins. If you are unsure and think that you are going into early labour, let the prison staff know.

At 33 weeks pregnant, cramping like you'd have with a period could be a sign of preterm labor. So can vaginal bleeding, unusual discharge, or leaking. At 33 weeks pregnant, pressure in your pelvis could be a sign too. Be on the lookout for these symptoms. **If anything worries you, let the prison staff know immediately.**

This is so cute: At 33 weeks baby's keeping his or her eyes open while awake.



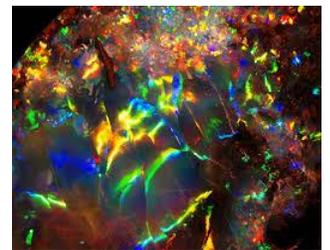
Baby's also starting to coordinate breathing with sucking and swallowing. Your 33-week fetus' bones are hardening. And baby's going through (more) major brain development, so keep up the reading and singing!



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.



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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Catarina	Italian	Girl	Unstained and genuine woman
Davet	Belgian	Boy	A version of David - meaning beloved
Pascal	Hebrew / French	Boy	Having both an idealistic & sensitive nature
Makareta	Maori	Girl	Derived from Margareta - Meaning Pearl
Margaux (Margo)	Greek / French	Girl	Derived from Margareta - Meaning Pearl
Bahadir	Islam / Cyprus / Turkish	Boy	One who is brave & valiant
Charlie	Cornish / English / Welsh	Boy or Girl	One who has full rights
Louen	Breton (north west France)	Boy or Girl	A lion / A lioness
Bomani	African / Swahili	Boy	Great Warrior
Fabunni	African	Girl	She was given to me by God

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)