

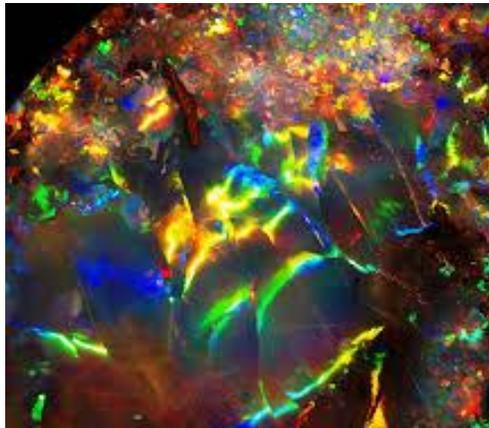
Freestyle Note:

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

34 WEEKS PREGNANT

Watch what you say! Your curious baby can hear your voice and is listening in on your conversations at 34 weeks pregnant and will be really enjoying hearing you sing by now - so go ahead and sing to him or her. Some experts say that, after birth, babies can recognize songs mum sang while pregnant; they may even be more easily soothed by those familiar tunes later in life.

How Big Is Baby at 34 Weeks?

At 34 weeks pregnant, baby is the size of a butternut squash. With less than two months until go time, baby weighs in at about 4.7 pounds and measures about 17.7 inches.

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34 Weeks Pregnant Is How Many Months?

34 weeks pregnant is seven months and about two weeks pregnant. You're only about six weeks away from becoming a mom.

34 WEEKS PREGNANT SYMPTOMS

Your symptoms at week 34 of pregnancy are pretty typical to late pregnancy and might seem like a broken record from here on out.

- **Blurry vision.** A combination of hormones, fluid build-up, and lack of sleep may make your vision seem a little "off." Sometimes it's just a normal, temporary pregnancy symptom, but if your blurry vision is accompanied by swelling, headache, rapid weight gain and/or swelling, it could be a sign of preeclampsia, tell the prison staff right away.
- **Fatigue (extreme tiredness).** It's exhausting carrying around all that extra weight (whether you've got one baby in there or you're 34 weeks pregnant with twins!).
- **Constipation.** It's normal to be stopped up at 34 weeks pregnant, which can make you feel more uncomfortable than you already are. Remember to take frequent walks, eat foods with lots of fiber (think leafy greens), and drink lots of water to get things moving.
- **Haemorrhoids.** Straining when you go to the bathroom as well as the extra weight baby's putting on your rectum can cause these.
- **Abdominal pressure.** As baby prepares for arrival and settles down lower, you might feel pressure in your pelvis and even more frequent urination.
- **Braxton Hicks contractions.** At 34 weeks pregnant, cramping sensations are totally normal. It's likely your body just getting ready for the real deal. Note, though, that at 34 weeks pregnant, pelvic pain could be the sign of a problem. Regular contractions that don't stop after about an hour, vaginal bleeding, and lower back pain are all signs of premature labour. If you have any of these symptoms at 34 week let the prison staff know immediately.

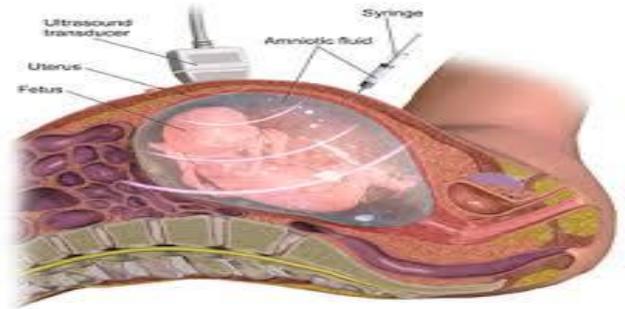
*Do you have any of these symptoms?
If you do write or draw about your
experiences & feelings:*

34 WEEKS PREGNANT BELLY

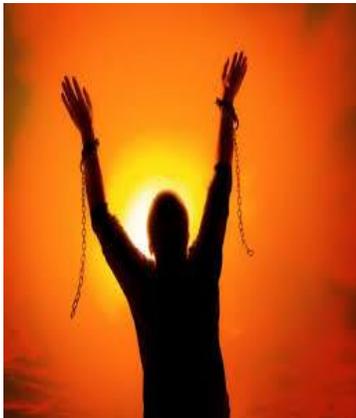
Your 34 weeks pregnant belly might seem a little—or a lot—lower than it did a few weeks ago. That's because baby may have descended lower into your pelvis. This may let you breathe a little easier, since your lungs have more space. The pitfall of this descent, of course, is even more pressure on your bladder, so be prepared to make even more trips to the bathroom over the coming weeks.

Fun fact: Amniotic fluid is at an all-time high between weeks 34 and 36, so you might feel as if your belly isn't getting too much bigger after this point.

That's because fluid will decrease so baby can keep growing and have room to wiggle around. Still, he or she is getting snug in there, causing movement to start to feel slightly different around this time.



Shackles, Hand-Cuffs, Restraints & Chains!

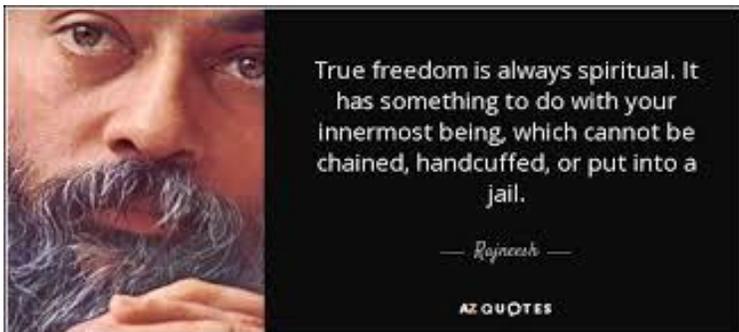


Don't ever let wearing shackles or hand-cuffs define you as a person or a mum. Yes we have to get escorted into hospitals & even go into labour wearing them - but don't you let it bother you - because it isn't personal against you - it's just normal prison protocol.

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



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

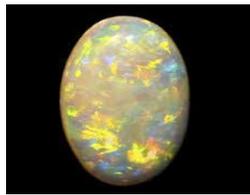
Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Bohdan	Czech	Boy	He who is God given
Fahdah	Arabic / Islam	Girl	One who is gorgeous like a leopard
Wangari	African / Kenyan	Girl	A leopard
Tamaki	Japanese / Shinto	Boy	A boy who is a true gem
Jhulier	Indian	Boy	Pleasant natured & a sense of humour - diplomatic
Darja	Czech, Estonian	Girl	One who has God
Njeri	African / Kenyan	Girl	Daughter of a warrior
Dachen	Buddhist / Burmese / Tibetan	Boy	Geat Joy

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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