

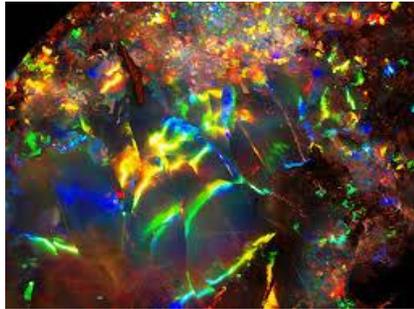
*Freestyle Note:*

## 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

## 35 WEEKS PREGNANT

### How Big Is Baby at 35 Weeks?

At 35 weeks pregnant, baby is as big as a pineapple and measures about 18.2 inches from head to heel. From here on out, he or she won't get much longer, but will keep plumping up. Your 35-week fetus now weighs about 5.3 pounds, and will put on a pound or more of baby fat before you meet him or her.

### 35 Weeks Pregnant Is How Many Months?

35 weeks pregnant is seven month and about three weeks pregnant. This is the last week of your eighth month. Just about five more weeks left!

## 35 WEEKS PREGNANT SYMPTOMS

As you wrap up your eighth month, you're probably feeling some of these 35 weeks pregnant symptoms:

- **A frequent urge to pee.** Your bladder's being pressed on by baby (or babies, if you're 35 weeks pregnant with twins), who's likely sitting pretty low in your pelvis, getting ready for birth. Don't let the extra trips to the bathroom deter you from drinking lots of water though—

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

dehydration puts you at risk for preterm labour, so drink up.

- **Constipation.** We've said it before and we'll say it again: make sure to get plenty of fiber in your diet and plenty of drink water.
- **Aches and pains in the hips and pelvis.** You will be feeling sore as your ligaments are loosening so that baby can make his or her way out of your uterus and into the world.
- **Braxton Hicks Contractions.** At 35 weeks pregnant, you may have noticed an increase in the number of contractions you're having. It's kind of crazy how hard your belly can get! Just keep an eye on those contractions; rest when you get them and drink lots of water.

## 35 WEEKS PREGNANT BELLY

Now that you've reached 35 weeks pregnant, your uterus has grown to about 1,000 times its original size, a number that might sound exaggerated to everyone else, but to you it probably feels more like a million.

You can expect to gain about a half-pound each week until you give birth.



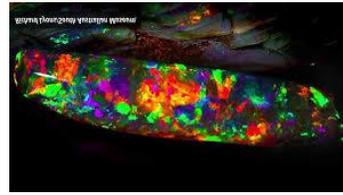
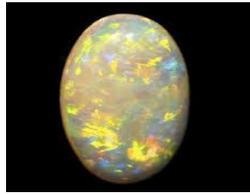
**35 weeks pregnant is a good time to start being aware of any sign of premature labour. At any time you experience any of these symptoms,**

**LET THE PRISON STAFF KNOW IMMEDIATELY!**

- **Water breaking.** You'll know your water has broken if you're experiencing something that's less like discharge and more like a flow of water. It can happen in a big gush (like in the movies) or in a slow trickle that just keeps coming.
- **Painful contractions.** Those Braxton Hicks have nothing on real contractions. If suddenly you're feeling pain in your 35 weeks pregnant belly or back, instead of some mild tightness, it could be time.
- **Regular contractions.** True contractions happen regularly and don't stop—they'll keep getting more and more frequent and more painful.

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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Benoy	Bengali / Indian	Boy	Polite, courteous, refined, well-mannered
Torianna	Latin	Girl	The conqueror or winner
Abednego	Islam / Urdu /Arabic	Boy	Serves the most shining & light one
Meshach	Islam / Urdu /Arabic	Boy	That draws with force
Nalani	Hawaiian	Girl	The head - or chief of the heavens
Ishmael	Biblical / Gothic	Boy	God will hear
Ruka	Maori	Boy	Maori for Luke - Patron Saint of Doctors & Healing
Beaux (Bow)	French	Boy or Girl	Handsome or Beautiful



**The Importance of writing a journal for your child**

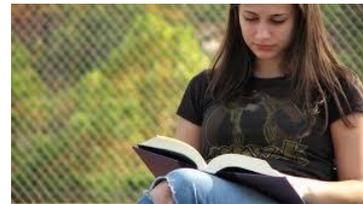
I never really knew my birth mother as a person. The reason being is that during my child hood my only contact with her was during visits which I found traumatic. My birth mother had mental health issues and that only added to my miss-understanding about her. My beloved foster mother, also caused me no end of sadness by never openly telling me how proud she was that I played hockey for my country. Instead she always chuckled and said something along the lines of "oh what is it you play Darly...soccer, hockey or smockey?"

Later when I was in my early 40's I finally got hold of my full childhood social welfare records. In amongst this huge pile of documents I found many hand-written letters from my birth mother to the social welfare enquiring about my wellbeing. I was touched by the obvious effort she took in writing these letters during my entire child-hood. There were also countless letters written from my foster mother informing the social welfare of my successes with hockey.



Point is, if I had never got to read the letters that had been written so long ago I never would have got to appreciate my birth mother as a parent, or understood that my foster mother was actually really proud of my achievements. The effect of these letters on me was simple - they helped to heal me.

What I'd like (love) you to consider doing is this. Start a journal now for your child to read when they are older . In this journal capture your hopes and dreams and importantly put into words the struggles you are working on over-coming. Write out your feelings as you carry your unborn baby and then through the years you are incarcerated. In your journal, write, draw, create lyrics, make plans and importantly when your filling in your journal, create each page and entry with love.



Many of us Opal mums miss out years of our children's lives and sadly some of us never get to spend any time with our children at all.- So tell your story directly from your heart to your child. Say everything you want to say because it's really important that they know you and of your love for them.

**Any woman or man is made stronger by the pure love of a mother.**

**Have no doubt that you WILL be that loving mother.**

*Darly - Founder of The Opal Place*



Don't be tempted to sleep on your belly - because it's dangerous for your baby's health



Keep Safe & Sleep on your Side or Back



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)