

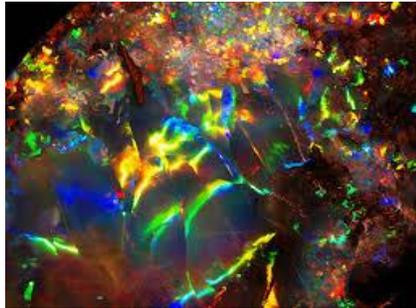
*Freestyle Note:*

## 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

## 36 WEEKS PREGNANT

### How Big Is Baby at 36 Weeks?

At 36 weeks pregnant, baby is as big as a papaya, measuring about 18.7 inches from crown to heel and weighing in around 5.8 pounds.

### 36 Weeks Pregnant Is How Many Months?

36 weeks is eight months pregnant. Welcome to the first week of month 9! You're just four weeks away from your due date.

## 36 WEEKS PREGNANT SYMPTOMS

When you have just four weeks to go, pretty much all your symptoms have to do with the fact that baby's almost here. Your 36 weeks pregnant symptoms may include:

- **Better ability to breathe.** As baby descends into your pelvis, your lungs will have more space, and you'll be able to breathe more deeply.
- **Pelvic discomfort.** You're feeling this one for the same reason you can breathe again! Baby's down low, putting pressure on your pelvis. Look out for signs of labour though, including regular, persistent contractions.
- **Heartburn.** Your growing baby is crowding your digestive system,

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

*The Opal Place - Our Place of Inspiration*

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

preventing it from working the way it did when you weren't pregnant. Prevent heartburn as much as you can by avoiding citrusy, spicy, vinegary, and greasy foods.

- **Swollen ankles and feet.** Minor swelling is totally normal at 36 weeks pregnant and you're even more likely to have it if you're 36 weeks pregnant with twins. But severe or sudden swelling can be a sign of a serious problem, so if you notice any worrying swelling, let prison staff know straight away.
- **Changes in vaginal discharge.** At 36 weeks pregnant, discharge may increase as your body readies itself for birth. But look out for watery discharge (which could be amniotic fluid—call your doctor!), blood (a sign of preterm labour), or mucus-like or blood-tinged discharge, which could be the mucus plug. Losing the mucus plug is a sign labour is very near.
- **Braxton Hicks contractions.** You're probably still experiencing tightening in your abdomen, and it might be getting more intense. In fact, some pregnant women show up at the hospital thinking they're in labour only to get turned away. Note that at 36 weeks pregnant, cramps that are at least as painful as menstrual cramps aren't due to Braxton Hicks. If you're experiencing something more severe, tell the prison staff right away.

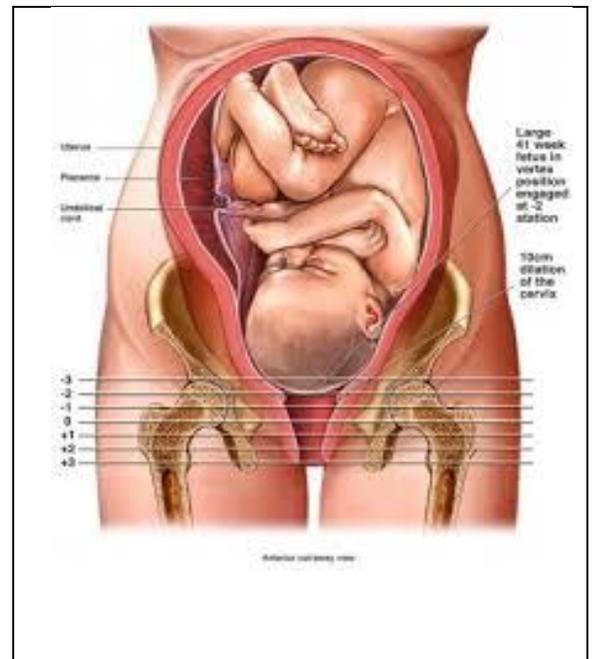
**BE VIGILENT : Because at 36 weeks pregnant signs of labour can be hard to tell apart from regular pregnancy discomforts. If you ever have any doubts - let the prison staff know if anything seems out of the ordinary.**

## 36 WEEKS PREGNANT BELLY

At 36 weeks, your pregnant belly probably won't seem to change much from week to week. and you won't be putting on too much weight from here on, probably only about a half-pound each week until your baby's born.

At 36 weeks pregnant, baby's liver and kidneys are in working order. Circulation and immune systems are basically good to go. Now, baby is getting closer and closer to being able to breathe on his or her own.

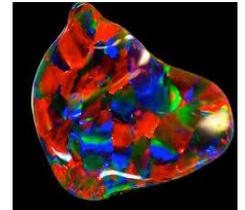
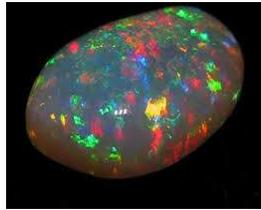
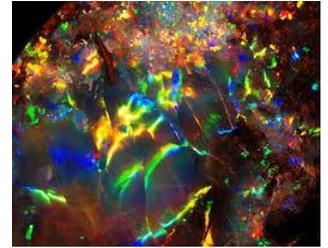
Plus, your 36-week fetus's skin is getting smooth and soft, and his or her gums are rigid.



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.



**Question: What's FASD?**

**Answer:** Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. FASDs are caused by a woman drinking alcohol during pregnancy. Alcohol in the mother's blood passes to the baby through the umbilical cord.

**Signs and Symptoms of a baby born with FASD**

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)



- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities

I'm sure you can think of a whole pile of reasons why you'd rather be carrying your baby on the out-side. But have you given thought to the benefits of being pregnant inside?

- ✓ No access to Alcohol (No FASD) & drugs?
- ✓ No violent partner to deal with
- ✓ Good nutritious food
- ✓ Opportunity to rest & exercise

What else can you think of:

- 1.
- 2.
- 3.

**THE BIG QUESTION FOR ME NOW IS:**



**WHAT SORT OF A MUM DO I WANT TO BE?**

**Hiya from Darly**

I'm not going to exaggerate & say that I was deliriously happy about being in prison, because I wasn't! But I recognised that I needed to change & that prison was going to give me a safe place to be able to make the changes I needed to become a better person & a better mum.

You're going to have good days & bad days over the next months & years to come, but

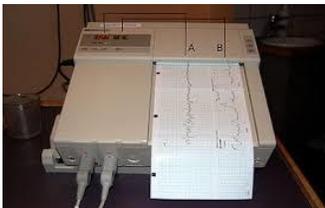
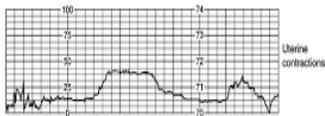
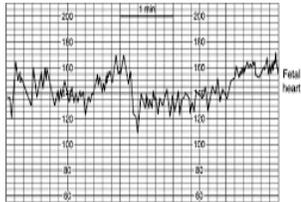
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

Source: <https://www.healthline.com/health/fetal-alcohol-syndrome>

Keep moving forward both as a person & mum. I don't know whether you get to keep baby after he/or she is born in your prison facility or whether you're going to have to surrender your baby after birth, but either way make sure that you give this unborn child of yours the best start in life.

**Let your life-story become an inspiration to your child as they grow to adult-hood & become your child's hero.**

## 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 - Darly**



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

Name	Country /Area of Origin	Boy / Girl or Both	History /Means
Da Xia	Chinese	Girl	Biggest Hero
Boudica	Celtic	Girl	Victory / A Famous Celtic Queen
Jasper	Persian	Boy	Treasurer
Mandala	Sanskrit	Boy	A spiritual journey & after Nelson Mandela - a freedom fighter & noble man
Finlay	Latin	Boy	A fair and heroic warrior
Busaina	Islam / Arabic	Girl	A little, pretty & delightful one
Mahatma	Sanskrit	Boy	Great Soul & after Mahatma Gandhi
Rikki / Ricky / Rikky	Norse / English	Boy or Girl	A complete leader & ruler

## I am a Strong Woman

Protective & Wise as a Lioness \* Blessed is the Fruit of my Womb

*My Diary Note:*



What will be  
**YOUR**  
first words  
to your new-born  
Child?

*This is what I  
whispered into my  
boys ear:*

**I will love you  
always**

