

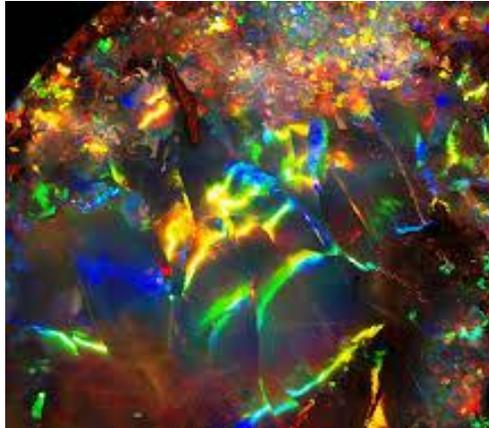
Freestyle Note:

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

37 WEEKS PREGNANT

How Big Is Baby at 37 weeks?

At 37 weeks pregnant, baby is about 19.1 inches long and the average baby weight around 6.3 pounds Your baby is gaining about half an ounce each day. **(1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).**

37 Weeks Pregnant Is How Many Months?

37 weeks pregnant is eight months and about one week. You've got just three weeks until your due date.

The Opal Place - Our Place of Inspiration

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

37 WEEKS PREGNANT SYMPTOMS

At 37 weeks pregnant, symptoms can too easily be confused with signs of going into labour. Here's what you might be feeling this week:

- **Heartburn.** Baby is putting pressure on your digestive system as you near your due date.
- **Spotting.** A little bit of blood spotting is normal at week 37 of pregnancy. But let the prison staff know if it's more than just a few drops of blood. Vaginal bleeding could be a sign of a problem with the placenta (such as placental abruption) and it is important to seek treatment right away. Also, don't confuse spotting or bleeding with the "bloody show," a discharge tinged with blood that's a totally harmless sign your cervix is changing to prep for delivery.



- **Stretch marks.** New stretch marks might appear on your 37 weeks pregnant belly and each week from here on out. If you have access to moisturiser, keep massaging this into your skin
- **Abdominal pressure.** If baby has dropped down into your pelvis in preparation for labour, he or she is putting increased pressure on your abdomen. This will make you feel some new aches and a greater urge to pee too!
- **Trouble sleeping.** It's normal to be up in the middle of the night in late pregnancy. Some strategies for getting sleep are: Get plenty of light exercise during the day, drink lots of water (except right before bedtime), and limit your caffeine intake.
- **Contractions.** At 37 weeks, cramping or contractions are to be expected. After all, you're going to have a baby soon—your body's ramping up! You may find that your contractions go away if you sit or lie down. That means they're Braxton Hicks, not real labour contractions. Make sure you stay hydrated, since dehydration could put you into early labour.
- **Nausea.** An upset stomach is pretty typical almost any time during pregnancy. But now that you're so close to your due date, it could be a sign you'll go into labour soon. If your nausea is severe and if you're vomiting let the prison staff know.

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

37 weeks pregnant with twins? 57 percent of twins are born before pregnancy week 37, so if your twosome is still hanging in there, you're in the minority among mums of multiples. And while you're probably feeling super uncomfortable, just know that you're doing a really well.

37 WEEKS PREGNANT SIGNS OF LABOUR

37 weeks pregnant is the perfect time to start being prepared for going into labour. The various signs of labour tend to fall into two categories, those that mean it's coming soon and those that mean it's happening now.

You'll go into labour soon if you notice these signs of labour at 37 weeks (though we can't say how soon, as every pregnancy is different):

- **Mucus plug and/or bloody show.** You may see a bit of thick mucus come out onto your underwear, either in one big glob or little by little. This is the mucus plug, which has been protecting your cervix all along.



As your cervix dilates, the mucus plug is released to make way for baby.

The mucus plug may or may not have a tinge of blood in it—if it does, that's the “bloody show.”



Nausea. Some women swear they start to feel sick to their stomach just before labor begins. So, at 37 weeks pregnant, nausea might mean baby's coming soon.

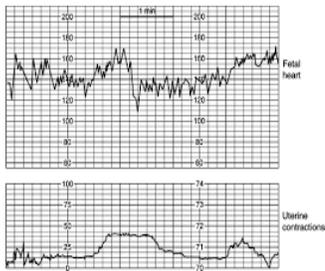
Diarrhea. When you're 37 weeks pregnant, diarrhea could just be diarrhea or it could mean impending labor. That's because as your hormones change to prep for delivery, they can also stimulate your bowels.

THESE ARE THE SIGNS LABOUR HAS STARTED:

- **Water breaking.** If you feel water leaking out, either in a gush or a trickle, that's probably your amniotic fluid. Most women go into labour within 12 hours of their water breaking.
- **Regular contractions.** Has your 37 weeks pregnant belly been tightening regularly? If the contractions keep repeating and they seem to be coming more and more frequently, you're in labour. As your uterus contracts, it's dilating your cervix so baby can pass through at delivery. If this is your first pregnancy, you may have regular contractions for several hours before you go into what's known as “active labour”
- **Back pain.** Sometimes baby's positioned in a way that puts extra pressure on your spine. If you get constant back pain that's more severe than any you've had so far in pregnancy, or the pain radiates from your abdomen to your back (or vice versa), it could mean you're in labour.



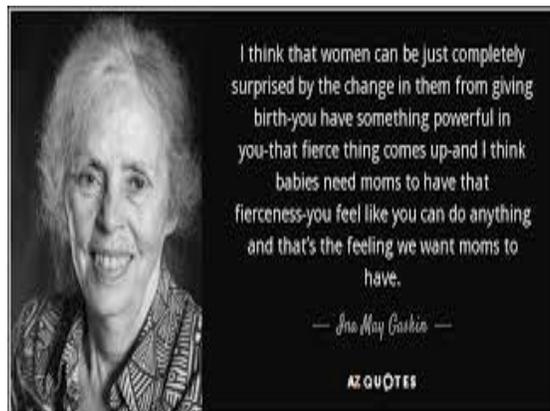
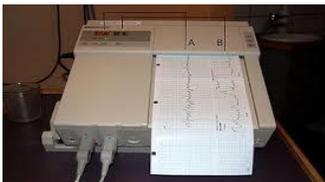
I am a Strong Woman



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
Hiero	Greek	Boy	Holy or Saintly
Ingrid	Norwegian	Girl	Daughter of a hero
Siara	Islam / Arabic	Girl	A woman who is pure & holy
Darahas	Hindu / Indian	Boy	One who has a constant Smile
Chase	Old French	Boy	A fearless hunter
Kelsie	English	Girl	Daring & Fearless
Viren	Indian	Boy	One who is the leader of hero's
Kaleo	Hawaiian	Boy or Girl	The one with a voice

I am a Strong Woman

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

My Diary Note:

My Opal friend - whether you're in prison for years or even life, you still need to step up & be a good parent & grow as a person so that you can support & inspire your child as they grow to adulthood & beyond.

My now adult son tells me that it would've been so easy for him to chuck in school and give into drinking & drugs during his teenage years, but that the thought of me trying to do my best to educate myself in prison as well as my deep love for him kept him on-track.

You can & will be the best Mum for this coming baby.

From your fellow Opal mum, Darly at The Opal Place



Darly & Rhett - her Son