

Freestyle Note:

4 WEEKS PREGNANT

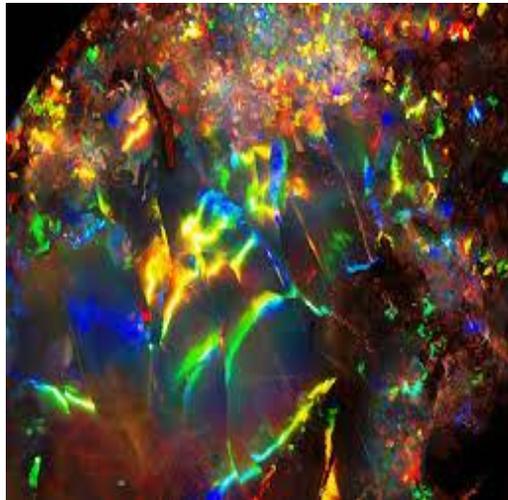
Surprise! Okay...wow - You've just come into prison & after all the health checks you've now found out that you're pregnant. What a wild roller-coaster ride your feelings & emotions are on right? Firstly, **congratulations**, because **you & your** baby both deserve to be celebrated. Just so you know, I've been in prison & while I wasn't pregnant when I went inside, I was a mum. While you're adjusting to your pregnancy & being inside, you need to focus on looking after yourself. **Rest** when you can, **eat**, even though you might not be hungry & **walk** as much as you can because it'll help you relax. & never ever forget that:

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 overlooked. 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.

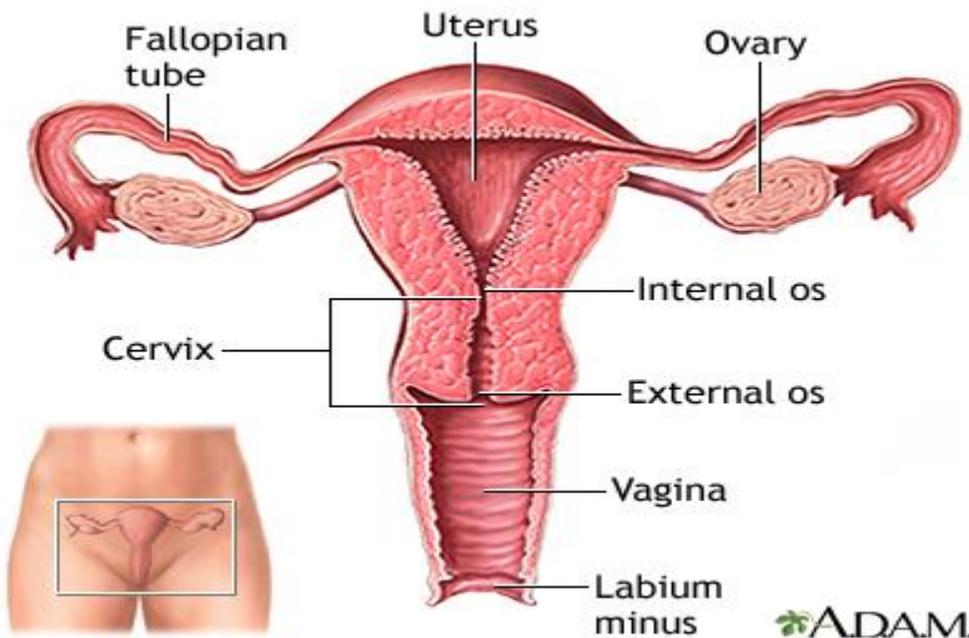
Darly Royan Paraha

4 WEEKS PREGNANT

Congratulations! If you know you're 4 weeks pregnant, you found out the news earlier than a lot of women do (Perhaps thanks to all the tests done when you come into the prison system?), and you might be totally excited, or you might be getting used to the idea of having a baby. Either way, you may not be feeling any different (for now, at least), since early pregnancy symptoms don't always kick in right away. Definitely celebrate this amazing news - Because no matter what else has happened or is happening in your world right now, this is something wonderful & special.

How Big Is Baby at 4 Weeks Pregnant?

At 4 weeks pregnant, baby is smaller than a poppy seed—practically microscopic. Baby is now known as a blastocyst (blast-o-sist), a teeny ball of cells, and is busy settling into his or her new home (your uterus), prepping for all the crucial development that will happen over the next six weeks.



MY BODY IS BEAUTIFUL

THIS IS MY UTERUS

(you-two-russ)

The uterus is a hollow muscular organ located in the female pelvis between the bladder and rectum. The ovaries produce the eggs that travel through the fallopian tubes. Once the egg has left the ovary it can be fertilized and implant itself in the lining of the uterus. The main function of the uterus is to nourish the developing fetus prior to birth

I AM WOMAN & I AM STRONG

4 WEEKS PREGNANT SYMPTOMS

The same pregnancy hormones that gave you that positive pregnancy test can also cause some of the more typical 4-week pregnancy symptoms. These hormone levels increase pretty quickly, so while it's normal to be 4

weeks pregnant with no symptoms, brace yourself: nausea and vomiting may be in your near future. Here's a bit of what to expect at 4 weeks pregnant:

- **Bloating.** You may be a little puffed up thanks to the pregnancy hormone progesterone.
- **Mild cramping.** At 4 weeks pregnant cramping might worry you, but it actually may be a sign that baby has properly implanted in the wall of your uterus. However, any severe cramping or pain at 4 weeks pregnant is something you need to let prison staff know about.
- **Spotting.** Light bleeding can also occur during week 4 as a result of implantation. Don't worry, this is totally normal too. But the same advice goes: If it's a lot of blood, like a period or heavier, lasts for more than a couple days, or if you're concerned in any way, let the prison staff know.
- **Mood swings.** It's not your imagination. Your mood is going haywire mostly because of your fluctuating hormones. (But maybe also because of stress and because your mind is racing.) Pregnancy mood swings are most drastic during the first 12 weeks.
- **Morning sickness.** Experts say that about 50 to 90 percent of pregnant women get some form of morning sickness (nausea and sometimes vomiting too). So even if you haven't had an upset stomach yet, you probably will at some point. Morning sickness is usually at its worst around nine weeks and then slowly gets better, typically disappearing completely in the second trimester.
- **Fatigue.** One of the most common four weeks pregnant symptoms is total exhaustion, as your body is working hard to grow that teeny ball of cells into an embryo.
- **Sore breasts.** Your boobs are swollen and tender because of those surging hormones telling your body.

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

4 WEEKS PREGNANT BELLY

A 4 weeks pregnant belly might be a little bloated, but you almost certainly don't look pregnant yet. Still, you need to start acting like a mom-to-be. And that means giving TLC (tender love & care) to yourself and your tiny baby-to-be.

Baby is already undergoing important development at week 4 of pregnancy.

During week 4 of pregnancy, the ball of cells is splitting into the embryo (your future child) and placenta. Baby's neural tube, the building block of the spine, brain, and backbone, is already formed. The amniotic sac

and fluid are forming into protective cushioning for your baby. And on a 4 weeks pregnant ultrasound, all of that just looks like a tiny dot, called the gestational sac.

In the meantime, eat as well as you can, drink lots of water and if smoking is allowed in your facility - please try your best to give the habit up... & try to relax, what has happened has happened & now is the time to make good decisions for yourself.

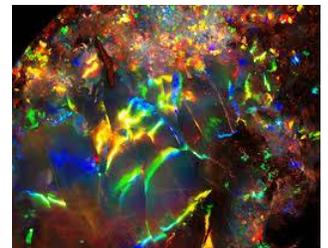
Never forget my fellow Opal woman that you are carrying a precious child that can & will do the most wonderful things for our world.



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.



I am a Strong Woman

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

My Diary Note: