

*Freestyle Note:*

## 5 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:

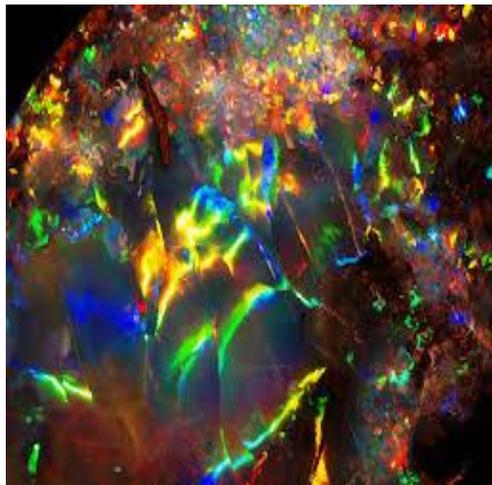
**You are a strong Opal woman & the child you are carrying is precious.**

*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*

*The Opal Place - Our Place of Inspiration*

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# 5 WEEKS PREGNANT

At 5 weeks pregnant, baby is the size of an apple seed. Your embryo is now measurable—though at week five of pregnancy, it's a wee 0.13 inches from crown to rump (a.k.a. head to bum)—and baby's gearing up for much more growth. In fact, in the next week, he or she will almost double in size.

## 5 Weeks Pregnant Is How Many Months?

5 weeks pregnant is about one month pregnant. You've only recently just discovered you're pregnant and you've already got one month in the books. That's because most doctors start counting pregnancy from the first day of your last period.

## 5 WEEKS PREGNANT SYMPTOMS

The pregnancy symptoms you feel at five weeks are just the beginning of the changes your body is about to go through. Many moms-to-be say the first trimester is the toughest, so think of it as getting the rough stuff out of the way early. In the meantime, take care of yourself and get plenty of rest, eat right, and figure out ways to help yourself feel better. If you're wondering what to expect at 5 weeks pregnant, here's what's most common:

- **Sore breasts.** Sore & tender breasts are a common symptom at 5 weeks pregnant.
- **Morning sickness.** Nausea in early pregnancy can happen at any time of the day, not just morning. And unfortunately, some pregnant mums feel queasy pretty much all day.
- **Fatigue.** At 5 weeks pregnant, it's normal to feel tired, pretty much any time. You're exhausted from making a baby and there's not much you can do about it except get some extra rest.
- **Frequent urination.** You might notice yourself having the urge to pee more often early in pregnancy. This symptom at 5 weeks pregnant is because your kidneys are actually expanding.
- **Cramps.** Around 4 or 5 weeks, cramping could be a sign the embryo has implanted nicely into the lining of your uterus. Or it could be a sign your uterus is expanding and stretching your ligaments. If you're feeling cramping at 5 weeks pregnant that's severe or painful, let the prison staff know straight away.
- **Spotting.** When you're 5 weeks pregnant a little blood on your underwear could also be a sign of implantation. This is totally normal, but if you're having something that's less like spotting and more like bleeding at 5 weeks pregnant let the prison staff know straight away.

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

& Some mums-to-be who are 5 weeks pregnant feel no symptoms at all. Or it might feel like, at 5 weeks pregnant, symptoms come and go. And all of that is totally okay!

## 5 WEEKS PREGNANT BELLY

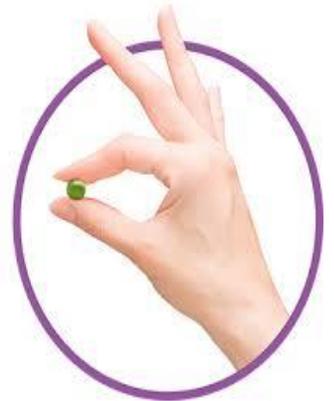
At 5 weeks pregnant, your belly may look unchanged, or you might be a bit bloated and feel like you've already gained a pound. Or you might be feeling so sick that you can't eat and worry you're losing weight. All those scenarios are considered perfectly normal and totally okay! All pregnant women are different and how their bodies change throughout pregnancy varies widely.



Your week-5 embryo doesn't look like much more than a tadpole right now, but he or she's already starting to form major organs:

Heart, Stomach, Liver, Kidneys & the digestive, circulatory & nervous systems.

Your embryo is the size of a green pea / small chick pea!



## 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 childhood 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 childhood. There were also countless letters

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.

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.

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

Have no doubt that you WILL be that loving mother.

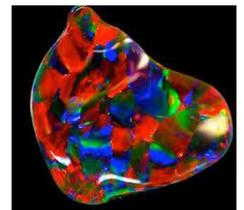
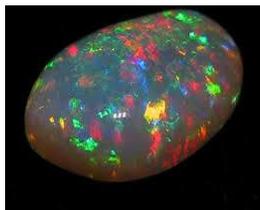
*Darly - Founder of The Opal Place*



## **I am a Strong Woman**

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

*My Diary Note:*



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