

Freestyle Note:

8 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:

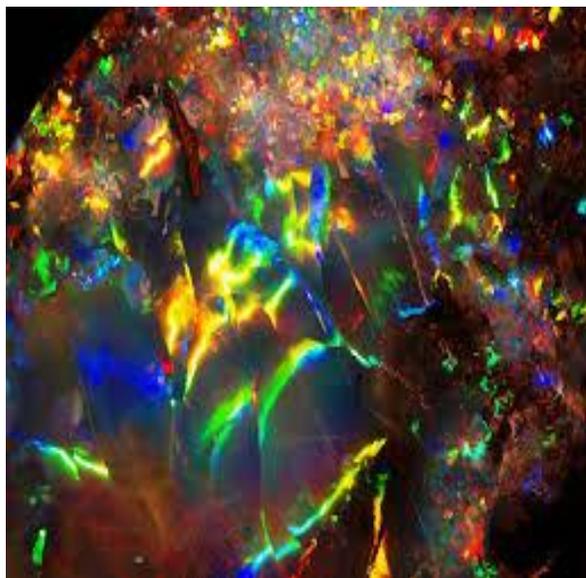
You are a strong Opal woman & the child you are carrying is precious.

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

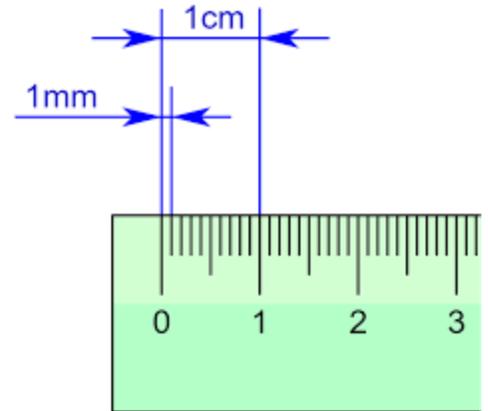
www.theopalplace.co.nz * Postal: Po Box 178, Hawera 4640, New Zealand

8 WEEKS PREGNANT

At 8 weeks pregnant, you're wrapping up your second month of pregnancy. And while you may not be showing yet, being pregnant is probably finally starting to feel real to you.

How Big is Baby at 8 Weeks?

During week 8 of your pregnancy, baby is as big as a raspberry and weighs about .04 ounces and measures about .63 inches. (1 pound weight = 0.45 kilograms weight & 1 inch = 2.54 centimetres).



Baby's growing about a millimetre each day.

8 Weeks Pregnant is How Many Months?

You are almost 2 months pregnant at 8 weeks.

8 WEEKS PREGNANT SYMPTOMS

Wondering what stinks? Probably ANYTHING and EVERYTHING. Your hormones are doing some wild things at week eight, giving you a superhuman-like sense of smell and making your stomach do flip-flops. At eight weeks pregnant, there are a many other pregnancy symptoms you could experience, including:

- **Sore breasts.** Your breasts may feel bigger, heavier, and let's face it, sore. That's because milk-producing lobules in your breasts are starting to expand.
- **Fatigue.** You'll be very tired. Why? As your hormones fluctuate, your body produces more blood for baby, and your blood pressure and blood sugar levels are lower than they were pre-pregnancy. The best fix? Try to get more sleep.
- **Morning sickness.** Nausea could be really strong at 8 weeks, again related to those pregnancy hormones. Drink water and eat small amounts throughout the day.
- **Heightened sense of smell.** Along with morning sickness comes another fun symptom: an uncanny sense of smell. Catching a whiff of an offensive smell can even trigger nausea.

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

- **Pregnancy cramps.** At 8 weeks pregnant, cramping is normal. That's because the ligaments in your abdomen are stretching as your uterus expands. If your cramping is severe or you're worried in any way, let prison staff know straight away. .
- **Constipation.** Constipation (finding it hard to poo) during pregnancy happens to about half of us. To help you poo more easily try and drink lots of water, eat fiber-rich fruits and veggies, and walk as much as you can.
- **Weird dreams.** If you're having vivid and strange dreams, guess what, they're totally normal throughout pregnancy. It's not clear what causes these dreams—it could partly be due to hormones, new thoughts and anxieties.
- **Spotting.** It can be alarming to find that you're spotting at 8 weeks pregnant because, yes, blood can be a sign of miscarriage. If any pain in your stomach is severe (stronger than period cramps) or if bleeding becomes heavy like a period, then let the prison staff know.

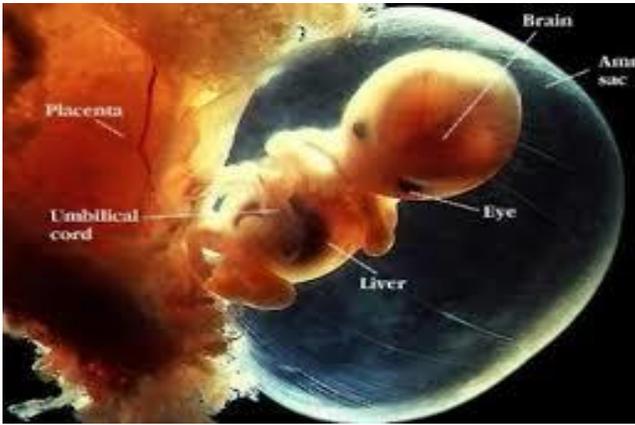
Remember: if you're feeling nauseated, extra hungry, or extra tired, it's all because baby's growth is in overdrive—and because your body's still adjusting to all those hormonal changes. Try to remind yourself it will be worth it. (Especially once you reach the second trimester, when most moms-to-be bounce back and feel more energized).

Also, know that no pregnancy symptoms at 8 weeks is totally normal too. So don't worry if you're not feeling too different yet.

8 WEEKS PREGNANT BELLY

Wondering if your belly is the right size at this stage? At 8 weeks pregnant, showing a bit is normal, but so is not showing is too. That's because every mum and baby are different. Know that inside your 8 weeks pregnant belly, your uterus is expanding, but it just takes longer for some to show it on the outside.

At week 8 of pregnancy, baby's fingers and toes are now only slightly webbed, and his or her tail (yes, there was one) is gone. Fun fact: baby's taste buds are now forming, gearing up for his or her first meals.

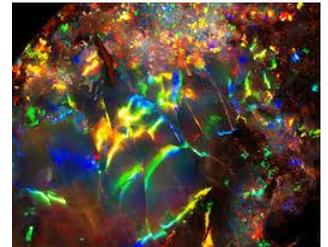


A Plastic Replica - showing size of actual embryo

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: