

መወላደ

Giving birth



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Loza Tadesse Mamo
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አማርኛ / English



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ሰላማዊት 29 አመቷ ነው። የመጀመሪያ ልጇን ኤርትራ ውስጥ
ወለደች። እሷና ቤተሰቧ እዚያ በጣም ስለተቸገሩ ወደ ጣሊያን
ለመሄድ ወሰኑ።

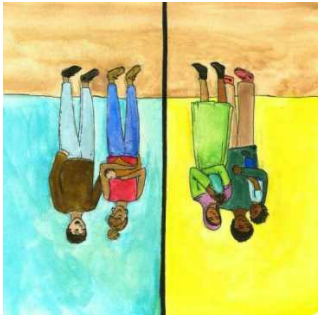
. . .

Selamawit is 29 years old. She gave birth to her
first child in Eritrea. She and her family had a
hard time there, so they decided to go to Italy.

Both women gave birth to healthy babies. Selamawit had another son, while Inga had a daughter. Their husbands were very proud, and they told everyone they knew about their strong wives and healthy children.

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Inga left home just before she turned 19. She moved to Norway and had her first child there.

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እንጋ 19 ስድስት ዓመቷ ላይ ትሆን ትገኛለች። ወደ ብሪታኒያ ሄደች። ሁሉም ልጆች ምናልባትም ልጆችን ወለዱ።





ሰላማዊት ሁለተኛ ልጇን ባረገዘች ጊዜ ሌላ ሀገር ልጅ መውለድ ምን ሊመስል እንደሚችል አሠበች።

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When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



ኢንጋ እና ሀኪሟ በእርግዝናዋ ወቅት መደበኛ ምርመራ ለማድረግ አዋላጅ ነርስ እንድታገኝ ተስማሙ። አዋላጁ ስለ ምግብ እና እረፍት እንዲሁም እራሷን እና ልጇን እንዴት ደህንነት እና ጤንነቷን መጠበቅ እንዳለባት መረጃ ሰጣት።

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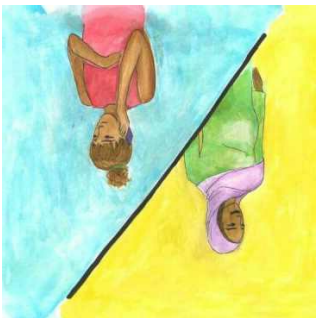
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



የአንጋ ጎረቤት ልጅ ለመውለድ እየዋከረች እንደሆነ ስትሰማ
 ጎረቤቷን ደርገው ትመለከታል፡፡ ምንም እንኳን ጎረቤቷም
 መገንድ ስህተት ሆኖታል፡፡ ምንም እንኳን ጎረቤቷም
 የተሰማውን ጎረቤቷም ስትመለከት፡፡

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When Inga's neighbour heard that she was
 trying to have a baby, the neighbour told her to
 see a doctor as soon as she was pregnant. That
 way she could make sure that she and her baby
 were healthy. The doctor told her to take folic
 acid, a vitamin that is important for pregnant
 women.



ሁለቱም የአንጋ ጎረቤቶች ሲሆኑ፡፡ ሁለቱም
 የአንጋ ጎረቤቶች ሲሆኑ፡፡ ሁለቱም
 የአንጋ ጎረቤቶች ሲሆኑ፡፡

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Selamawit and Inga come from different
 backgrounds. Selamawit felt safe because she
 had experience with giving birth. Inga talked to
 her mother about giving birth.



ሁለቱም ሴቶች በአብዛኛዎቹ የአውሮፓ አገሮች ነፍሰ ጡር እናቶች የቅድመ ወሊድ እንክብካቤ የማግኘት መብት እንዳላቸው ሰምተው ነበር። ይህ ማለት በእርግዝና ወቅት እርዳታ ያገኛሉ ማለት ነው። ሰላማዊት መፀነሷን እንዳወቀች ከዶክተር ጋር ቀጠሮ ያዘች። የሰላማዊት ባል በመኪና ወደ ሐኪም ወሰዳት።

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Both women had heard that, in most European countries, pregnant women have the right to antenatal care. This means that they will get help during their pregnancies. Selamawit made an appointment with her doctor as soon as she realised she was pregnant. Selamawit's husband drove her to the doctor.



ሐኪሙ አንዳንድ ምርመራዎችን ካደረገ በኋላ ሰላማዊት አንዳንድ ነፍሰ ጡር እናቶች የሚይዘው የስኳር በሽታ እንዳለባት አወቀ። ጤናማ ምግብ መመገብ እና የአካል ብቃት እንቅስቃሴ ማድረግ ነበረባት። ሰላማዊት እሷን ልጇ ከመታመማቸው በፊት ዶክተር ጋር ቀድሞ በመሄዷ ተደሰተች።

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The doctor did some tests and found out that Selamawit had a kind of diabetes that some pregnant women get. She had to eat healthy food and exercise. Selamawit was glad she went to the doctor early, before she and her baby became ill.