

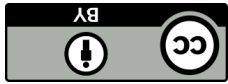


LIDA Stories

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منداڻوون / Giving birth

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Dler Piran (ckb)



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Giving birth

منداڻوون

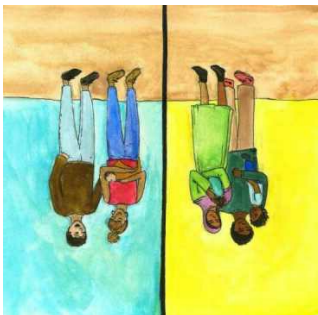
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سه لهوویت ۲۹ بډله. نه و په که م مندالی بوو له ئیریتریه. نه و و
خیزانه که ی گتیکې سه خنښن هه بوو له وئ، بویه برېږېندا بچنه ئیدلې.

...

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.

• • •

یہ نہایت پرانے ہیں۔ ان کے بارے میں کچھ اور بھی لکھا ہے۔

[illegible]

• • •

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



کتیک سەلهوویت سکیپ بوو بە مندالی دووهمی، بیرى دەکردهوه
چۆن دەبیّت مندالیکى له ولاتیکی جیوازدا بیّت.

...

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



ئینگ و دکتۆره که ی پیکه و تن که ئەو دەبى چوى به هه نیک بکه وئ
بۆ پشکنینی هوه هوه له هوه ی دوو گینیه که یدا. هه نه که هه مۆزگری
پیدا له هره ی خواردن و پشوودان، له گه ل زانیری له هره ی هوه ی
چۆن خوی و منداله که ی هه ش و سه لامه ت به یلته وه.

...

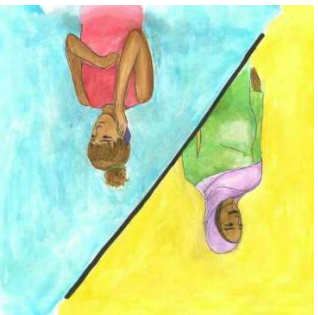
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



کټيک در اوسټي نټيگ نيسي نه وه ولدوات منداټکي نبي،
 در اوسټيگه پټي گوت که زاني دوه وځنه چوي به دکتريک
 بکوي. به وځوه دواتي دټيگته وه که خوي و منداټکه
 که دکتريک فوليک فوليک وه دکتريک، که
 دکتريکته پټي گوت که زاني دوه وځنه چوي به دکتريک
 بکوي. به وځوه دواتي دټيگته وه که خوي و منداټکه
 که دکتريک فوليک فوليک وه دکتريک، که

...

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.



سه لوليت و نټيگ له پټيگته زور خوراوه وه نوي. سه لوليت
 سه لوليت به سه لوليت کړي چونه نه زمووني منداټکي ه بوي.
 نټيگ له کلي دايکي کړي لوليت منداټکي ه بوي.
 ...

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.



ھەردوو ژنەكە ئەو ھېچن بېستبوو كە لە زۆربەى ولاتە ئەوروپىيەگەندا
ژننى دووگىن ھفى چودىرىكردنى پيش منداالبوونىن ھەيە. ئەمە
ولائى ئەو ھەيە كە ئەوان چىرمەتى دەدرين لەھوئى دووگىننىيەكەين.
سەلھوئى ھەر كە زانى دووگىنە وادەيەكى لەگەل دكتۆرەكەى دلا.
مىردەكەى سەلھوئى ئەوى برد بۆ لائى دكتۆرەكە.

...

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.



دكتۆرەكە ھەندىك پشكىنىنى بۆ كرد و بۆى دەرەكەوت كە سەلھوئى
جۆرىك لە شەكرەى ھەيە كە ھەندىك ژنى دووگىن تووشين دەبى.
پىويست بوو ئەو خواردنى تەندروست بخوات و راھىچن بكت.
سەلھوئى خۆشخاى بوو كە زوو چووە لائى دكتۆر، بەر لەو ھى خۆى و
منداڵەكەى نەخۆشى بگرن.

...

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.